

jesus people

WITH KEN SHIGEMATSU

God Speaks to Me

APPETIZER: A Call to Prayer

- 98-100% of us are addicted to something.
- The word “addiction” comes from the old French word attaché, which refers to a junior member of the government who gets attached to an ambassador, or some high-ranking official.
- We get addicted or attached to something that helps us numb our pain—or lessen the boredom or meaninglessness of our lives.

The call to prayer is a process where we seek to cultivate our conscious contact with God through both prayer, traditionally understood as speaking to God, and meditation, where the emphasis is on quietly savouring God’s presence.

DINE IN: Be Still

Psalm 46:10



TAKE OUT: Walking with God

Are you being invited to spend some time still before the Lord at the beginning of the day or in the evening?

- Take 10-15 minutes this week to be with the Lord
- As you relax, anxiety or fear may surface in your heart, instead of avoiding these fears, simply offer them up to God and experience release and healing.
- You may also sense you are surrounded by the mystery of a holy and infinite love that upholds you.

As you spend time savouring God’s presence, may you know the love of God the Father, the grace of God the Son, and the redeeming work of the divine archaeologist, the Holy Spirit.

Home Church Questions

HANGOUT [Warming Up to the Topic – in one Large Group]

1. First review Sunday's message, then talk about what stood out to you – whether lessons learned or lingering questions.
2. What do you think would be most frustrating about practicing silent centering prayers?
3. What would be most potentially life-giving about practicing centering prayer?

HEAR [Listening to God through Scripture – in Discussion Groups]

4. Read **Psalm 46**.
 - a. What verse or idea stands out to you?
 - b. In verse 2, the Psalmist writes that we will not fear. What fears are you facing right now that you want to offer up to God?
 - c. God is described throughout the passage as the God of Jacob. What significance do you think this description has in light of the stories you know about Jacob? Discuss how this reminder in the passage would have comforted the Israelites in their time of trouble.
 - d. God is described as an ever-present help, a refuge, a fortress, and the psalmist reminds us that God is with us. Take some time as a home church to quietly reflect on these descriptions through centering prayer.

HUDDLE [Making It Personal and Praying Together – in Huddles]

5. Use your huddle questions and pay special attention to this one...
 - How much time have you spent with God, in Scripture reading, and prayer? How would you describe the quality of those times, and how they've contributed to your relationship with God?