

Life Group Discussion Questions

Psalm 46

SERMON

What one thought from the sermon caused you to think differently about the need for silence and stillness in your life?

What are some of the examples that the Psalmist gives of the trouble (vs. 1) we face in life? How do these examples compare to what's going on in your life?

When it comes to your life, do you live as an example of one who trusts God is in control? What does that look like?

What does it mean that God is our refuge and strength?

How do verses 1-9 help set the foundation for 10-11? How does trusting God lead to stillness?

APPLICATION

How does Bible meditation and prayer go into silence and stillness?

When do you find it the hardest to be still and silent before God?

Read Luke 5:15. Why is it so significant that Jesus made time for silence and stillness in the midst of his busy ministry?

How can you build margin in your life to allow for stillness and silence?

Not a part of a Life Group at North Hills? Visit the church website and check out the different groups currently meeting. When you see one that interests you, click on the link provided and know that everyone will be glad you came!
<https://church.north-hills.org/connect/small-group-ministry>



SPRING TRAINING

- Practicing Spiritual Disciplines -

MARCH 7: Prayer and Scripture Meditation

1 Thessalonians 5:16-18 » Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Joshua 1:8 » This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

MARCH 14: Silence and Stillness

Psalm 46 » God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. *Selah* There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her; she shall not be moved; God will help her when morning dawns. The nations rage, the kingdoms totter; he utters his voice, the earth melts. The Lord of hosts is with us; the God of Jacob is our fortress. *Selah* Come, behold the works of the Lord, how he has brought desolations on the earth. He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire. "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" The Lord of hosts is with us; the God of Jacob is our fortress. *Selah*

MARCH 21 (Lord's Supper): Fasting and Simplicity

Acts 13:1-3 » Now there were in the church at Antioch prophets and teachers, Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen a lifelong friend of Herod the tetrarch, and Saul. While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." Then after fasting and praying they laid their hands on them and sent them off.

1 Timothy 6:6 » But godliness with contentment is great gain.

MARCH 28: Generosity and Hospitality

John 3:16 » For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

2 Corinthians 9:7 » Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.

Acts 20:35 » In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, "It is more blessed to give than to receive."

1 Peter 4:9 » Show hospitality to one another without grumbling.

NORTH HILLS CHURCH

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MARCH 14, 2021

Week 31 of 2020-2021 Sermon Series: Transformed

- SPRING TRAINING -

Silence and Stillness (Psalm 46)

TRANSFORMATIONAL PRINCIPLE:

Know when to be _____ and _____.

1. God is always at work for His _____ and our _____.

2. Because of _____ God is, be still and _____ that He is God.

RESPONSE:

Do you _____ God enough to be _____ and _____ in the midst of life's storms?

READ THE ENTIRE BIBLE CHRONOLOGICALLY IN A YEAR

Mar. 14: Deuteronomy 8-10

Mar. 18: Deuteronomy 21-23

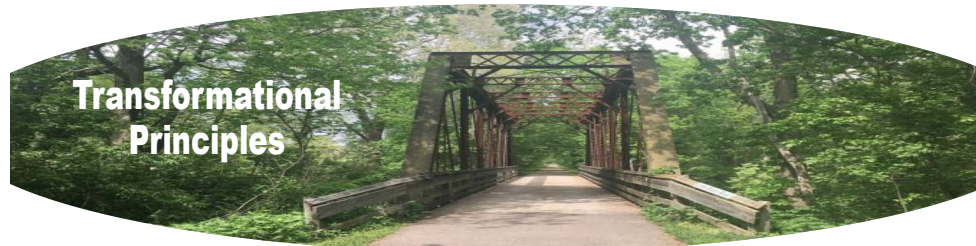
Mar. 15: Deuteronomy 11-13

Mar. 19: Deuteronomy 24-27

Mar. 16: Deuteronomy 14-16

Mar. 20: Deuteronomy 28-29

Mar. 17: Deuteronomy 17-20



- Week 1:** Because we are prone to conform, we must let God transform. (Romans 12:1-2)
- Week 2:** Because of all Jesus has done, surrender what you think you know. (Mark 8:34-37)
- Week 3:** If we really want to know what to do, abandon the world's ways for God's ways. (Isaiah 55:6-11)
- Week 4:** Accept that the world's ways are at odds with the ways of God. (1 Corinthians 1:18-30)
- Week 5:** If you want to be transformed, you must learn to deal with your sinful nature. (Romans 8:1-11)
- Week 6:** Look past what is seen and believe what is unseen. (Hebrews 11:1-6)
- Week 7:** Overcome the world with love and humility. (Romans 12:9-21)
- Week 8:** Recognize that the purpose of our transformation is not personal or private. (Mark 10:42-45)
- Week 9:** Individual transformation happens best in the midst of united community. (Hebrews 10:19-25)
- Week 10:** Some may go and some may stay: but working together, God is transforming the world through the power of the gospel. (Philippians 4:10-20)
- Week 11:** Transformed people do the work of God like it's second nature. (Matthew 25:31-46)
- Week 12:** Transformed prayer leads to a transformed mind. (Philippians 4:4-9)
- Week 13:** A transformed heart will change the way you talk to others. (Ephesians 4:29)
- Week 14:** Transformed people unite in transformed community. (Ephesians 4:1-6)
- Week 15:** Right attitude speaks louder than right action alone. (Philippians 2:14-18)
- Week 16:** Transformed people are on the go. (Romans 10:8-17)
- Week 17:** Recognize your need for a Savior. (Matthew 1:18-23)
- Week 18:** Learn to see the spiritual battle for your soul that is going on in and around you. (1 John 3:1-10)
- Week 19:** Don't miss the truth when it's right in front of you. (John 18:33-38)
- Week 20:** Abundant life must have boundaries. (John 10:1-10)
- Week 21:** The promise of everlasting life changes what we value in this present life. (Matthew 6:19-24)
- Week 22:** Demonstrate God's love in our relationships to experience a healthy, life-changing community. (John 15:12-17)
- Week 23:** Prayer intimately connects us to the one who has invited us to call Him Father. (Luke 11:1-13)
- Week 24:** The practice of withdrawing, waiting on God, and being still helps us to better recognize and cherish God's presence in everyday life. (Luke 5:16; John 7:6; Psalm 46:10)
- Week 25:** The best way to humbly serve is by following Christ's example. (Acts 2:44-45; Philippians 2:2-15; Mark 8:34)
- Week 26:** Your walk with others should reflect your walk with Jesus. (Ephesians 5:6-21)
- Week 27:** The church is modeled at home. (Ephesians 5:22-33)
- Week 28:** Parents are to nourish their children spiritually. (Ephesians 6:1-4)
- Week 29:** Work hard in all you do as though it were Jesus Himself ... because it is! (Ephesians 6:5-9)
- Week 30:** On God's team, communication is key. (1 Thessalonians 5:16-18; Joshua 1:8)