

## SOUL DETOX – FINDING STILLNESS

### ABOUT THIS WEEK

This week we begin a series called *Soul Detox* to help your people find freedom from a toxic world. Today's discussion will be about finding stillness and, keeping with the tradition of Lent, give your folks a radio fast challenge.

#### ITEMS NEEDED

- Prayer Journal       Bibles       Pens

#### CHECKLIST BEFORE YOUR GROUP ARRIVES

- Pray for the group       Print Discussion Guide       Refreshments (optional)  
 Clean meeting area       Clean bathroom       Crack open front door

### OPENING (5-7 MIN)

*Briefly welcome everyone and say:* Before we get into today's discussion let's wrap our heads around the concept of this series with a quick icebreaker.

### WHAT SONG FROM HIGH SCHOOL WILL YOU CRANK UP WHEN IT'S ON THE RADIO?

### ONE MORE, WHAT SOUND DRIVES YOU ABSOLUTELY NUTS?

*After a discussion, say:* Our world is a noisy world. Some sounds are great to hear, other sounds, not so much. But the constant din of noise in our world can actually make it hard to hear God. Today, we're going to talk about finding stillness as we start a series called Soul Detox so we can find freedom from a toxic world, including toxic noise.

### OPENING PRAYER (1 MIN)

*Say:* But first, can someone start us off with a brief prayer for our time together?

### GOD IN THE NOISE (15 - 20 MIN)

*After the prayer say:* There's a great account from the life of Jesus that perfectly illustrates the idea how it's hard to hear God in the noise.

### CAN EVERYONE TURN TO MARK 6:30-32 AND WILL SOMEONE READ ALOUD FOR US?

*After the passage is read, say:* One of the constants from the ministry of Jesus was the large crowds, so much so that he was nearly crushed by them.

### WHAT ABOUT THE LARGE CROWD MADE IT HARD FOR THE DISCIPLES TO "GET SOME REST" OR HEAR FROM JESUS?

### WHAT THE THREE THINGS DID JESUS TELL THE DISCIPLES TO DO TO FIND REST?

**Host:** the 3 things are: 1) come away  
2) with me, 3) to a quiet place

*After a discussion, say:* Today, we're going to talk about how we can do those three things to find rest with God—getting away, to a quiet place, with Jesus.

### COME AWAY (5 MIN)

First, we have to get away from the noise. And that means something different for all of us.

#### **WHERE OR WHEN IS YOUR WORLD MOST-NOISY?**

#### **HOW DOES THAT COMPETE WITH YOUR TIME WITH GOD? OR DOES IT?**

### TO A QUIET PLACE (15-20 MIN)

*After a discussion, say:* Once we decide to leave the noise, we have to keep going until we find a quiet place. This brings us to the first of our five fasts for the series. Each week we'll do a fun and customizable fast to help us find freedom from a toxic world.

#### **HAVE YOU EVER GIVEN UP ANYTHING FOR LENT BEFORE?**

*After a discussion, say:* Well, regardless of if you've ever done a fast for Lent before, this is unique because instead of doing one fast for several weeks straight, we're doing a different fast for each week.

And for week 1, we're doing... drumroll... a radio fast. This means no music or podcasts to fill the silence in our day.

But you've got some options for this. It might be no radio for 6 days, or no radio while you drive for 6 days, or no radio while you workout for 3 days, or no radio or TV after sunset. Whatever option you choose, make sure it's both attainable AND challenging for you.

#### **HOW ARE YOU GOING TO CUSTOMIZE THE RADIO FAST?**

#### **ON A SCALE OF 1 TO 10, WITH 1 BEING NOT AT ALL AND 10 BEING EXTREMELY DIFFICULT, HOW HARD WILL THIS FAST BE FOR YOU?**

### WITH JESUS (10 MIN)

*After a discussion, say:* But this is more than fasting for the sake of a fast. Each week of Soul Detox we're going to find something in the absence. This week, it's time with Jesus in the newfound silence. This can be done three ways—thinking of God in the silence, saying a prayer in the silence, and/or singing praise in the silence.

#### **WHICH WILL YOU DO DURING YOUR RADIO FAST—THINK OF GOD IN THE SILENCE, SAY A PRAYER IN THE SILENCE, SING A PRAISE SONG IN THE SILENCE, OR ALL OF THE ABOVE?**

*After a discussion, say:* Well, whichever you choose, remember Jesus is already graciously waiting to meet you there during your radio fast! And, according to him, some much-needed rest.

### ANNOUNCEMENTS TO SHARE (2-3 MIN)

Say: Before we get to our prayer requests, just a few quick announcement—

- Wednesday, February 14, Ash Wednesday Worship
- Saturday, February 24, Stephen Ministry Open House from 9–11AM

### CLOSING PRAYER (5-7 MIN)

Say: Let's close in prayer. *Please write the group's prayer requests in your group prayer journal.*

### **ARE THERE ANY OTHER PRAYER REQUESTS TODAY?**

After prayer requests have been taken, ask if someone would like to close the group in prayer. If not, Host, close the group in prayer.