

# Silence

Paul Joseph Hickernell— pastor

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November 17, 2024

*And rising very early in the morning, while it was still dark, Jesus departed and went out to a desolate place, and there he prayed. - Mark 1:35*

*insights:*

Lined area for writing insights.

*other passages:*

Lined area for writing other passages.

*follow-up questions:* (use a communication card / reach out to Paul / ask a mentor)

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*soul-care questions: (let these questions guide you into deeper reflection and faith, whether alone or with others)*

Where do you feel the most noise?

Why do we struggle with silence?

How good are you at sitting in true silence? Why is that?

Why do you think the discipline of silence comes before all others?

What might be the results if we suffer from a lack of silence?

Paul shared many observations about silence. Was there one that stood out to you?

What is getting between you and the discipline of silence?

*What is Jesus telling you to do this week and what are you going to do about it?*

*Between the Sundays:* (3 ways you can go farther with the message)

1. **Dive In:** Go back over your sermon notes. Read thru the bible passages multiple times.
2. **Research:** How much space do you give noise? Audit weekly phone, tv, screen use.
3. **Practice:** where can you foster a daily, weekly, quarterly discipline of silence?



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***insights:***

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***other passages:***

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***follow-up questions:*** (use a communication card / reach out to Paul / ask a mentor)

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*soul-care questions:* (let these questions guide you into deeper reflection and faith, whether alone or with others)

- Where do you feel the most noise?
- Why do we struggle with silence?
- How good are you at sitting in true silence? Why is that?
- Why do you think the discipline of silence comes before all others?
- What might be the results if we suffer from a lack of silence?
- Paul shared many observations about silence. Was there one that stood out to you?
- What is getting between you and the discipline of silence?
- What is *Jesus telling you to do this week and what are you going to do about it?*

***Between the Sundays:*** (3 ways you can go farther with the message)

1. **Dive In:** Go back over your sermon notes. Read thru the bible passages multiple times.
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