



Dig Deeper @Home – “Seeking”

Complement to lesson on 2/8/26 – “Seeking in Stillness”

ICE BREAKER – Questions to open dialogue and learn more about those gathered

1. If you were trying to get away to a “quiet place” where would you go?
2. What is your favorite place to go to get close to God?

MEMORIZE – Matthew 6: 32-33

For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.”

READ – Psalm 46

Questions to ponder/discuss:

1. Re-scan the text and consider...
 - a. What did the Holy Spirit draw your attention to as you read?
 - b. Is anything repeated? Contrasted? Compared? (If so... why might that be?)
 - c. What in these verses is interesting? What is confusing?
 - d. What are the verses revealing about God? What are the verses saying about people?
 - e. In light of these, what needs to change in your life? What are you already doing well?
2. **Re-read Psalm 46:10.** What does it mean to "be still" in the midst of a chaotic world, and how is this different from being passive or lazy? Why is stillness often a necessary part of our life before experiencing God's power and peace?
3. **The Psalmist says that we are to “Be Still and Know That I Am God”.** What specific attributes of God (e.g., omniscient, omnipresent, faithful) do you need to "know" or acknowledge right now? How does acknowledging God's power and His knowledge of your life change your perspective on a current personal struggle?
In what ways does this verse challenge you to stop trying to play God in your own life?

EXPERIENTIAL ACTIVITY – Practicing Stillness

If the experience of practicing being still is new for you, begin with 10 minutes. Setting a timer can help you keep from watching the clock. The timer lets you forget the time and settle into the quiet.

Intentionally place yourself in the presence of God and become quiet and still. As you become quiet what do you hear: voices, traffic, your breath, your heart, distracting thoughts? Let the noise go.

Continue to let the quiet and stillness deepen. Be with God. After 10 minutes, reflect on what it was like for you to simply become still enough to hear the background. Try this several times a day. What happens to you? The benefits of being still are often seen in the fruit it bears rather than in the experience of stillness and silence.

SING (or listen to)

In the Secret – [https://youtu.be/\(Andy ParkYV9qD0Z0WuM](https://youtu.be/(Andy ParkYV9qD0Z0WuM)

Be Still my Soul, the Lord is on Thy Side - <https://youtu.be/9oIPxaub-I8>

Still – (Hillsong) <https://youtu.be/yG4k5uh4pNU>

Be Still and Know - <https://youtu.be/bIIMDLV18IQ>

PRAY

This is a time to gather around for prayer requests and to share how you have seen God at work. A time to hear where God is showing up in our lives and where we need Him to help us, for this week.

Sending prayer based on the message:

Go and seek first Christ and His Kingdom. Holy Spirit, show us anything that hinders us from doing this and help us to seek Your Kingdom in all that we do, say and think.