



COMMUNITY LIFE

Building Better Community Skills

Skill 2 – Quieting Our Souls

Our culture's crazy pace constantly surrounds us with noise. We hurry everywhere – even through church, small groups, or prayer. Hurry robs our soul! Author Richard Foster wrote in his classic book *Celebration of Discipline*: “Hurry is not of the devil. It is the devil.” The psalmist wrote in Psalm 46:10: “Be still and know that I am God.” (ESV) Isaiah wrote in Isaiah 30:15: “In quietness and in trust shall be your strength.” (ESV) One key to deeper community, according to author Jim Wilder, is to “share a mutual mind state.” When we quiet together in community, we actually develop a mutual mind state around stillness before God! As we begin our group this week, let's use this exercise to *quiet our souls*.

Exercise:

- “Okay, everyone, let's all sit in a circle.” Read the paragraph above to the group.
- “We all know pace of life can get crazy. We have a million thoughts on our minds.”
- “Let's practice this exercise of quieting our souls.”
- “Close your eyes. Relax your shoulders. Place your hands gently on your knees.”
- “Take a deep breath in through your nose. (Pause) Breathe it out slowly.”
- “Again. Slowly take a deep breath in. (Pause) Breathe out. (Pause) In...Out.”
- “Be still and know that I am God.”
- “Deep breath in. (Pause) Out slowly.” (Repeat three times.)
- “In quietness and in trust is our strength.”
- “Deep breath in. (Pause) Out slowly.” (Repeat three times.)
- “Be still and know that I am God. Breathe in... out... Breathe In...Out.”
- “In quietness and in trust is our strength. Breathe in... out... Breathe In...Out.”
- “Eyes open. Does anyone actually feel different after that exercise? How?”
- Let a few people share their experience.
- “We can all **learn** to quiet our souls by **practicing** this exercise repeatedly.”
- “Let's pray.”
- Here's an example:
 - “Dear God, help us slow our pace both individually and together. Help us be still and know you are God. Help us find strength in quietness and trust. Help us do this each day both alone with you and together with others. Amen.”

At Home this week:

Practice this skill in your home this week. As you begin and end your day, sit together with others in your home, close your eyes, and spend two to three minutes quieting your soul.