

“Still Waters”

Session 1

FILL IN THE BLANKS WHILE WATCHING THE VIDEO

1. _____ to God.

Because He is our _____, our _____, and is always _____.

2. Be _____ and _____ God.

Because He is our _____.

Mary has chosen the _____ thing.

Deep waters remain _____.

SMALL GROUP DISCUSSION: (The one whose birthday is coming the soonest will lead your group)

1. Read Psalm 46:1-3, 10-11 together. Discuss these questions:

In verses 1-3, how does the psalmist describe **God's role during times of trouble**?

How can we personally apply this to challenging situations in our lives today?

Verse 10 says, "Be still, and know that I am God." What does it mean to be **still in the midst of life's chaos**, and how can we practice this in our daily lives?

2. Read Luke 10:38-42 together. Discuss these questions:

Jesus says, "Mary has chosen what is better" (v. 42). How can we **prioritize time with God** in our daily routines amidst the demands of life, like Martha's tasks?

What steps can we take to ensure we are not neglecting the "one thing needed"—**spending time with Jesus**?

3. Leader: Give each participant a piece of paper and a pen. Ask them to write down one thing in their life that often **distracts them from spending time with God** (e.g., work, social media, household tasks). Then, have each person share and discuss how they can prioritize their relationship with Jesus despite these distractions.

4. Close in prayer in pairs. Pray for each other, that we will not be distracted and not run away from God.