

# SESSION 1

## Getting Comfortable with Quiet

### LISTENING PRAYER EXERCISE

- 01** Find a quiet place to pray
- 02** Take some deep breaths and quiet your mind. Ask God to meet you in this place and to speak to your mind and heart.

"The Lord is near all who call on Him."

*Psalm 145: 18*

"The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."

*Romans 8:26*

- 03** Rest in His presence. Start with just five minutes of quiet with Him and add on more time from there.

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- 03** Rest in His presence. Start with just five minutes of quiet with Him and add on more time from there.

**04** Pay attention to what surfaces in your thoughts. Ask God what He wants to reveal in those areas of your life. Is there a need for a change in your heart? Is there some action God is prompting you toward, or a person that you need to restore relationship with. Write these down and pray over them this week.

Questions for reflection:

1. What are the things that bring "comfortable noise" into your life? Write them here and pray over each one, asking God to give you discernment about their place in your life.
2. Sometimes we feel stuck in overwhelm because we need to heal, whether physically or from trauma. Are there areas of your life contributing to physical or emotional exhaustion? If you find yourself in that place as we begin this study, consider reaching out to a friend to ask them to pray with you or contacting your local church for recommendations about how to find a trusted counselor (most have resources on hand for this purpose).