

ROOTED IN THE SPIRIT

Message 5: Quiet in the Chaos

May 11, 2025

GROUP GUIDE

This guide is designed to help you grow in your relationship with God and develop meaningful, lasting relationships with others. Get together with friends, or visit brookwoodchurch.org/groups to build some new relationships. *Let's grow stronger together!*

INCLUDED IN THIS GUIDE

1. Connect
2. Pray
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It is not easy to shut out the world, set aside a few minutes by yourself, and spend time in God's Word and prayer. But it is essential if we are to grow in our relationship with God and be strengthened for the battles ahead.

Billy Graham

CONNECT

Here are some questions to get the conversation rolling. Feel free to use any or all of these.

- What stood out to you from the devotional or your Bible reading this week?
- What hinders you in your pursuit of quiet time with God?
- Describe your quiet time with God.

PRAY

Spend a few minutes in prayer, drawing your attention toward God. Consider these prayer points as you invite God to lead and guide you.

- Dear Lord, I pray You'd help me hear your voice above the noise.
- Help me tune out the distractions and give You more time.
- God, help me see where I need to shift my priorities to grow closer to You.
- I pray that through quiet time with You, I'm strengthened and emboldened to share the Good News of Jesus with the world.
- May the people of Brookwood (you might name specific people) see the need for quiet time and incorporate that into their daily rhythms.

MAIN SCRIPTURES

Luke 4:1-2 (NIV)

¹ Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, ² where for forty days He was tempted by the devil. He ate nothing during those days, and at the end of them He was hungry.

Luke 5:15-16 (NIV)

¹⁵ Yet the news about Him spread all the more, so that crowds of people came to hear Him and to be healed of their sicknesses. ¹⁶ But Jesus often withdrew to lonely places and prayed.

Mark 1:35-39 (NIV)

³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. ³⁶ Simon and his companions went to look for Him, ³⁷ and when they found Him, they exclaimed: "Everyone is looking for You!" ³⁸ Jesus replied, "Let us go somewhere else – to the nearby villages – so I can preach there also. That is why I have come." ³⁹ So He traveled throughout Galilee, preaching in their synagogues and driving out demons.

Mark 6:30-32 (NIV)

³⁰ The apostles gathered around Jesus and reported to Him all they had done and taught. ³¹ Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, "Come with Me by yourselves to a quiet place and get some rest." ³² So they went away by themselves in a boat to a solitary place.

EXPLORE AND DISCUSS

1. When have you felt like you were in the wilderness? How did you come back from that feeling?
2. The Greek word for wilderness is *eremos*. What or where is your *eremos*?
3. After His baptism, Jesus was tempted by the devil. How have you been tempted or attacked after becoming a believer?
4. How does knowing that Jesus overcame 40 days of temptation strengthen you in times of temptation, doubt or failure?
5. Read 1 Corinthians 10:13. How can these words help you get through times of temptation?
6. How does being in the Spirit help overcome temptation and sin?
7. Describe a time when you were spiritually empty. How did that affect your life?
8. Often when Jesus wanted to go to a quiet place to pray, the crowds found Him. How do you set boundaries around your quiet time?
9. What do you need to put aside to grow closer to God?

10. Even working for the kingdom can keep you from spending time with God. How can you balance working for God and being with God?

11. Jesus' solitude and prayer were used to be in union with the Father and to prepare Him for His work. How does your quiet time prepare you each day for what you'll face?

12. If we don't slow down and listen to God, we can't recognize His voice from the enemy's. How do you discern who's speaking?

FURTHER STUDY

What do you learn about solitude from the following verses? Which words, phrases or concepts are most significant to you?

- Psalm 46:10

- Lamentations 3:25-26, 28

- Luke 6:12

- Acts 10:9-10

- Galatians 1:11-17

- Matthew 26:36-44

PERSONAL APPLICATION

1. In solitude, pause and ask God what He wants to say to you. Then spend a few minutes quietly listening for His voice.
2. How can you apply this week's lesson in your life?

A PRACTICAL EXERCISE

Physically move yourself to a place of solitude. Find a park, a trail or your yard away from your normal space. Spend time there with God in prayer and listen for what He says to you.

SCRIPTURE MEMORY

One of the best ways to hear God throughout the day is to memorize Scripture. God often brings His Word back to mind at just the right time! Here's a verse to memorize based on this week's theme:

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

Matthew 6:6 (NIV)