

Voice → Primed

Discussion Guide

Big Picture

To rest is the antidote for weariness, to be grateful is the antidote for anxiety, and to find beauty is to see a reflection of the glory and generous love of God. By practicing rest and gratitude and soaking in the beauty of God's creation, we prime our hearts to hear His voice when He speaks to us.

Discussion Questions

1. When did you last make time to rest?
2. How can you incorporate rest into your weekly routine?
3. What are you thankful for this week?
4. What does it mean to find beauty? Where do you find beauty?
5. What can you do to prime your heart to hear God's voice every day?

Sermon Notes

John 10:27, **"My sheep listen to my voice; I know them, and they follow me."**

Proverbs 4:20-23, **"My son, pay attention to what I say. Listen to my words. Never let them out of your sight. Hide them in your heart. They bring life to those who find them and health to a person's whole body. Above all else guard the heart for it is the wellspring of life."**

In a culture addicted to hurry and rush, the practice of rest is an antidote to the weary soul that is desperate for God.

Psalms 23:1-3, **"The Lord is my shepherd, I shall not want. He makes me lie down in green pastures, He leads me beside quiet waters, he refreshes my soul."**

There is something about the practice of gratitude that puts the heart in a place of immediacy before God unlike anything else that we express to him.

Gratitude is how we adjust the antenna of the heart so that our picture of God and his goodness and grace comes in more clearly amid a world of confusion, distraction, and noise.

Psalms 136:1, **"Give thanks to the Lord for He is good, His love endures forever."**

Psalms 34:1, **"I will bless the Lord at all times; His praise shall ever be on my lips."**

Psalms 95:2, **"Let us come before Him with thanksgiving and make a joyful noise to him."**

"Beauty is a pointer to the strange, gently demanding presence of God in the midst of His world."
- N.T. Wright

Psalms 19:1-4, **"The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge. They have no speech, they use no words; no sound is heard from them. Yet their voice goes out into all the earth..."**

"To love is simply to reveal the beauty of another person to themselves." - Jean Vanier

Psalms 27:4, **"One thing I ask from the Lord, this only do I seek; that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek Him..."**