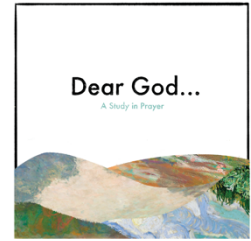


Dear God...

Pause

Matthew 6:9; Psalm 46:10



Take a few minutes and check in with each other; how's your endurance right now?

Questions for Your Group Discussion:

1. What stood out to you in the message and why?
2. How well do you pause or be still in prayer?
3. What is most valuable about pausing or slowing down for you right now?
4. If you've practiced the pausing exercise, what did God show you so far? If you haven't had a chance yet, share some tips with each other about how to do this well.
5. Aside from the exercise, how else can you pause this week?

Praying With Each Other

How can the group pray for you, especially as it relates to applying the message?

Pray together by starting with a pause:

- Stay silent, breathe deeply and slowly for several moments.
- After a time, take turns (if you're comfortable) praying a very short verse or attribute of God.
- Finish by lifting up any prayer requests from the group.