



Week One

March 2, 2011

Intro

Life is busy...really busy... and it gets noisy too! So noisy and so busy that we often do not hear the things we really need to hear. When things get quiet, when they slow down, certain things can be seen and heard. When we see and hear things in the quiet they affect our actions, our hearts and our lives.

With the "Shh: Stuff is Happening" series we are going to be talking about those things that tend to be quieter. Quiet things aren't always boring, timid or wimpy... sometimes they can be the most powerful things in our lives.

So, we're gonna talk about the quiet things and how to make them part of our lives. The quieter things we will be focusing on are the "Quieter Virtues." These quieter virtues are discernment, innocence, authenticity, modesty, reverence, contentment and generosity. We will talking about these quieter virtues each week and how they can run wild in our lives.

Source

This series is using a book by Gregory Spencer called "Awakening the Quieter Virtues" as a major source of inspiration and guidance.

Scripture

• 1 Kings 19:8-13

⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. ⁹ There he went into a cave and spent the night.

The LORD Appears to Elijah

And the word of the LORD came to him: "What are you doing here, Elijah?"

¹⁰ He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

¹¹ The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by."

Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. ¹² After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. ¹³ When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

Then a voice said to him, "What are you doing here, Elijah?"

• Psalm 23:1-3

¹ The LORD is my shepherd, I lack nothing.

² He makes me lie down in green pastures,
he leads me beside quiet waters,

³ he refreshes my soul.

He guides me along the right paths
for his name's sake.

• Ecclesiastes 9:17

The quiet words of the wise are more to be heeded than the shouts of a ruler of fools.

Discussion

1. What is your life like? How busy are you? How much down time do you have in your life?

2. How noisy is your life? Which cultural noise do you listen to the most: image consciousness, freedom for fun's sake, or the paradox of everything and nothingness?

2. We just finished talking about "thinking Christianly"... what are the main values, virtues or morals that guide you in how you think?

3. What does the word virtue mean to you? Does this word appeal to you?

4. What does the word "quieter" mean to you? Does this word appeal to you?

5. Dan talked about living the virtuous life "leaves room for good things to run wild" (-GK Chesterton). What does this mean?

6. The quieter virtues that we will be talking about are discernment, innocence, authenticity, modesty, reverence, contentment and generosity. What other words would you use to describe each of these virtues?

7. Which virtue interests you the most? Why?

8. *How can you reduce the noise in your life so you are free to explore and live out a virtuous life? What will you practically do?*

9. *What will you practically start doing now?*