

Inside Out: Resting in the Spirit

Session 7: Finding a way to Be Quiet

1 JOHN 15:1-5 (NIV)

15 “I am the true vine, and my Father is the gardener. ²He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes^[a] so that it will be even more fruitful. ³You are already clean because of the word I have spoken to you. ⁴Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

⁵“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

“Quiet time is no longer something I do. Rather, it is a description of what happens when I am with God. Time can be a loud, chaotic, rushing around companion. But as I sit in the presence of God, he quiets my time. Now that I know what the truth is, I long to allow space for my soul and spirit to begin to believe it. “

-Emily P. Freeman, *Grace for the Good Girl*

Reflection Time

This week we are going to break up for our reflection and go to AWAY from one another for 15 minutes of quiet. Here are some guidelines to help you.

1. NO PHONES OR DEVICES AT ALL. LEAVE IT IN ANOTHER ROOM. SILENT ISN'T ENOUGH.
2. Leave your house or work area to complete this exercise. Go to your car or the library or a coffee shop. Go somewhere where you don't have responsibility to someone—just for 15 minutes.
3. Take your Bible and a journal and possibly Kleenex.
4. Reflect, pray, and/or read Scripture. If your mind tends to wander during prayer, use your journal to write down your prayers. If you don't know where to start with Scripture, look back over last's week homework and journal about what you think Jesus' emotions were in the garden and during his arrest and trial.
5. Let God quiet your heart and mind. If it takes 15 minutes to just settle your brain down, repeat this exercise until it doesn't feel awkward and strange.

Homework Week 7: The Resurrection

Matthew 28; Mark 16; Luke 24; John 20

1. Record words and actions that reveal emotion.

2. Do you notice any difference in Jesus' or the disciples' emotions or the way that they express them?

3. What questions does this passage raise about emotion and God's design?

4. What applications can you draw for your own emotional life?
