

Rhythm - Week 4

Main Idea

If you want to be effective in living on mission with Jesus, you need to become a better listener.

Starter

Who is someone you know that is a good listener? What makes someone a good listener or a “not so good” listener?

Discuss

Follow up on the discussion about silence last week. Did anyone try to practice “being still before God” in silence and solitude? If so, what did you learn? If not, what kept you from trying it?

Scripture

Read [James 1:19-27](#) and discuss:

- What does this passage show you about God and what He wants for your life?
- Which command is most challenging to you in this passage? Why?
- How do you think your relationships would be different if you were more “quick to listen, slow to speak, and slow to become angry?”
- What is something practical you could do to become a better listener?

Apply

Have your group take a few minutes of silence to practice listening to God and reflect on the following questions based on today’s discussion.

- What is a Biblical truth God wants you to embrace more fully in your life?
- How would believing this truth change the way you live?

Bring your group back together to share their applications (2 minutes or less!) and spend time praying together as the Holy Spirit leads. Depending on the time remaining, you may want to break people up into groups of 2-3 to share and pray together.