

# NEW: FINDING YOUR HUMANITY

## NEW PEACE

Dr. Benji Kelley – February 12, 2017

Father, our desire today is to love You completely so that we can love ourselves correctly and others compassionately. Help us to be still to know You and in turn allow You to express Your love in and through us. May we be carriers of Your peace to those around us. Amen.

1. Read Psalm 46:10 (as shown in the sermon).

Be still and know that I am God.

Be still and know that I am...

Be still and know that I...

Be still and know that...

Be still and know...

Be still and...

Be still...

Be...

2. Discuss the following statements Dr. Benji made regarding the "Cult of Speed."

- We are no longer worried about the survival of the fittest; but we are consumed with the survival of the fastest!
- This cult of speed values efficiency over the heart. This cult of speed values timely results over truth.
- What's hot today is fast. If I can only do more in less time, I will be content. Until then, I will work harder.
- This cult of speed (keeping busy and getting it finished faster) continues to spread at an exponential rate, especially so in this technology era in which we live.

3. Discuss the following:

- Contrast between the Cult of Speed and what Jesus said in John 10:10.
- How does the "Cult of Speed" affect the way we live?

4. Read Mark 8:36 and discuss how this scripture applies to the discussion of the "Cult of Speed" and what the results might be if we don't find the rhythm that Dr. Benji talked about.

### **Finding your new humanity of peace is about practicing the presence of God through stillness.**

5. Discuss Dr. Benji's statement on practicing the presence of God:

- Stillness + Quiet + Solitude = Experiencing God. (Solitude - The state of being alone. The absence of human activity.)

### **Finding your new humanity of peace is about disconnecting from the technology trap to fully experience God.**

6. Read and discuss Henry Nouwen's quote regarding solitude.

*"In solitude, I get rid of my scaffolding; no friend to talk with, no telephone calls to make, no meetings to attend, no music to entertain, no books to distract, just me – naked, vulnerable, weak, sinful, deprived, broken – nothing.*

*It is this nothingness that I have to face in my solitude, a nothingness so dreadful that everything in me wants to run to my friends, my work, and my distractions so that I can forget my nothingness and make myself believe that I am worth something...*

*Solitude is not simply a means to an end. Solitude is its own end. It's the place where Christ remodels us in His own image and it frees us from the victimizing compulsions of the world. Solitude is the place of our salvation." ("The Way of the Heart")*

7. Discuss Dr. Benji's personal application to practicing the presence of God and what that might look like in your life.

- Find your favorite spot.
- Always include the Bible and prayer.
- Consider a journal and reading plan. If you're not sure where to start, begin by reading John in the New Testament.
- Use valuable time to experience and worship the Lord.

8. Read Matthew 11:28-29 and discuss how you can find your rhythm between speed and soul care.

**Soul-tattoo:** Take time during your week to practice the presence of God's New Peace through finding a time of stillness, quiet, and solitude.