

# The Be Still. Series

## Leader's Guide

*The Be Still Series* is a five-session small group resource, based on Brian Heasley's book, *Be Still: A Simple Guide to Quiet Times*.

## About the series

*The Be Still Series* is designed to help you and your community explore together how to grow and develop a regular quiet time with God.

### Each session contains:

1. A short 10-15 minute video which includes teaching content from Brian Heasley, and friends of 24-7 Prayer sharing their thoughts together.
2. A small group discussion guide, with questions to chat through, time for prayer and a practical action to try after the session.

*Don't worry if you don't make it through all the questions: the aim is to create group conversation rather than covering all the topics.*

### The Be Still book:

Each session of *The Be Still Series* is based on one or two chapters of Brian Heasley's book, *Be Still: A Simple Guide to Quiet Times*, which means the book is a really helpful accompaniment to the series.

However, the sessions and discussions are designed to be used without the book as a stand-alone course.

*If a number of people in your group are interested in buying copies of the book, a bulk-order discount is available in the UK by purchasing through the publisher's website: [www.spckpublishing.co.uk/be-still-429](http://www.spckpublishing.co.uk/be-still-429)*

## Who is The Be Still Series for?

*The Be Still Series* is designed to be used in a small group setting, but it's also suitable for individuals to explore, or Church communities to do together.

The content of the course is suitable for anyone who is interested in exploring what a personal quiet time with God looks like. The course can be used with those who are new, or interested in Christian faith, or with those who have been Christians for a while.

As well as covering the basics of a Quiet Time, *The Be Still Series* goes deeper into themes like perseverance, imagination and how to step out into the world in mission.

The short videos are perfect for small groups meeting both in-person or online, and each session is designed to last 1 hour.

## What do I need to run The Be Still series?

Everything you need to run *The Be Still Series* can be found at [www.24-7prayer.com/bestill](http://www.24-7prayer.com/bestill)

The content can be run as an online course, or in-person groups.

### Running the Be Still series in-person

You'll need:

- **A laptop or television to watch the video content.** The videos are available to watch on Vimeo or can be downloaded to use offline. All video sessions are available at: [www.24-7prayer.com/podcast\\_series/be-still](http://www.24-7prayer.com/podcast_series/be-still)
- **The Be Still Series group discussion guides.** These can be downloaded and printed from the Be Still sessions page ([www.24-7prayer.com/podcast\\_series/be-still](http://www.24-7prayer.com/podcast_series/be-still)) as PDFs, or viewed online on a phone, tablet or laptop.
- **A comfortable environment for your group.** As a group leader, take some time to think about the best place to host the series. If your group is quite small (3-10 people) a living room could be great. However, if your group is larger, think about a room in your church, or consider a community space.

The most important thing is to create a comfortable atmosphere where people can share openly.

## Running the Be Still series online

You'll need:

- **Video call software** such as Zoom, Skype, or Google Meet. We recommend using one that your group will be familiar with.
- **The video session link** for each week; these can be found at [www.24-7prayer.com/podcast\\_series/be-still](http://www.24-7prayer.com/podcast_series/be-still)
- **The small group guide** for each week: these can be found at [www.24-7prayer.com/podcast\\_series/be-still](http://www.24-7prayer.com/podcast_series/be-still)
- **An allocated time for meeting online** as a group each week – we recommend setting a start and finish time for online meetings that works for everyone, and if needed, time for group members to get to know one another a little before the session begins (each session of the course is designed to be run in 1 hour).

## How can I run a great series with my group?

As with all of our small group resources, we recommend the following:

### **Be Vulnerable**

As a leader you'll set the tone for everyone else. However, we recommend creating a safe space and if needed, some ground rules for sharing together.

### **Be Flexible**

The study guides are only guides, so if the conversation goes in a specific direction, don't worry if you don't cover all the questions!

### **Be Humble**

Your job is to help others to share, not to do all of the talking!

### **Be Pastoral**

The personal nature of the small group questions mean that a member of your group could open up about something personal or challenging. We recommend that you are aware of your church's or community's pastoral structures and policies so you can point people towards additional support where needed.

### **Be Prayerful**

Don't forget to pray for your group and with your group throughout the journey. There's such power in prayer ministry and in devoting time to God.

## Are there additional resources?

- **Be Still: A Simple Guide to Quiet Times** by Brian Heasley explores the topics and themes of the course in more depth, and contains additional material to help you and your community develop a regular quiet time with God.
- **Lectio 365** and **Lectio for Families** are free apps by 24-7 Prayer that aim to help you and your family pause and have a regular time with God each day.
  - The **Lectio 365** app contains content for morning and evening that helps you to pray the Bible and focus on God.
  - The **Lectio for Families** app contains daily content for families to explore together, with discussion questions, a weekly memory verse and opportunities to pause and pray.
- [www.24-7prayer.com/prayer](http://www.24-7prayer.com/prayer) contains practical guides for delving deeper in prayer each day, on your own, as a group and with others.