

LIFE Groups: Winter 2026

Week 3 - Hearing God in a Noisy World



Making Space to Hear the Spirit

“The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people.” - **Richard Foster**, *Celebration of Discipline*

1 - “Check-in” with your Group -

Take about 30-45 seconds each to share:

How has God been speaking to you through His Word this week?

2 - Watch Pastor Scott’s Video for True North #3, “Hearing God’s Voice”

Read Psalm 46:10-11 -

- Read the quote at the top of the page from author Richard Foster written in 1978 - is it still relevant today? How so?
- Describe a time when you heard God’s voice in a time of stillness, perhaps when God asked you to “be still”...
- How can the Psalm 46 passage be an antidote to anxiety and fear?

Read Philippians 4:4-9 - This familiar passage is Paul’s way of finding peace and joy in a noisy world - remember that he wrote these words while in prison in Rome!

- Paul lists several things he encourages us to do, and the results! As a group, discuss how we can apply this verse to our daily life...

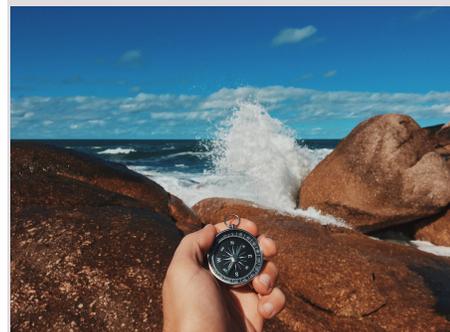
Read Luke 5:15-16, Mark 1:35, Matthew 14:22-23 -

- What do these passages, from 3 different Gospels, tell us about Jesus’ habits? Why did Luke, Mark, and Matthew include these scenes?
- Jesus made prayer and time alone with the Father a consistent habit in His life, but note what was happening in His life in each passage...

How is God calling you deeper into the contemplative practices of prayer, silence, journaling, meditation, and fasting in this season?

Spiritual Formation practices: This week we focus on hearing God’s voice along with being formed by The Word! Use the chart on the back of this page to guide you into regular conversation with God!

Prayer: Share requests and pray for one another, asking God to help us hear His voice more clearly this week!



LIFE GROUPS
DISCIPLESHIP • COMMUNITY • OUTREACH



True North Scripture Readings

Use this chart to guide your time meditating on God's Word...

Week	Day 1	Day 2	Day 3	Day 4	Day 5
1 1/18-24	2 Timothy 3:14-17	John 1:1-5, 1:14	Hebrews 4:12-16	Psalm 119 whole chapter - esp. v 1-3, 9-11, 97-98, 105-108	Proverbs 3:1-12
* 2 1/25-1/31	Psalm 46	Luke 5:15-16 Mark 1:35 Matthew 14:22-23	Luke 11:1-13 Luke 18:1-8	Isaiah 58	Matthew 6:6-15 Philippians 4:4-7
3 2/1-7	Deuteronomy 6:4-15 Matthew 22:36-40	Psalm 51:10-17 Romans 12:1-2	Colossians 3:12-17	Hebrews 10:19-25	1 Thessalonians 5:14-24
4 2/8-15	Ephesians 4:1-16	Romans 12:3-21	1 Corinthians 12	1 Corinthians 13:1-14:4	Galatians 6:2-10 John 13:34-35
5 2/15-21	Ephesians 5:20-6:4	1 Peter 3:1-17	Matthew 5:1-16	Galatians 5:13-26	Luke 6:27-38

True North Spiritual Formation Practices

Aligning with the Spirit takes intention, and also resisting the pull of the World...

Week / Goals	Align With The Spirit	Resist the Pull of The World
1 Scripture; Be Formed by The Word	Prioritize God's Word - Read Scripture before phone; use the reading chart to align with Scripture at least 5 days this week	Resist Distraction - By reading God's Word before any media, note how it affects your mood, thoughts, and actions
* 2 Focus; Hearing God over noise of the world	Hear the Lord - Schedule Prayer 3x each day - rising, midday, lying down - at least once in kneeling or a posture of humility	Unplug - Set phone aside during prayer times, silence notifications, push away the "noise of the world" to intentionally "listen" for God's voice
3 Worship; Giving God His Rightful Place	Attitude of Worship - Commit each day to offer God an act of worship with spirit, mind, and body	Resist Isolation - Connect with other believers for corporate worship at least 3x this week
4 Service; Giving God my Time and Strength	Spiritual Gift of Service - Consider what your spiritual gift might be and how you can use it to serve the Church, community, and world	Sacrifice of time - Dedicate a time for service to someone this week (or next) that meets their need - ask the Lord to guide you!
5 Relationships; Love God by Loving Others	Healthy Relationships - Revisit the Healthy Relationships section of your Spiritual Health Inventory - where can you focus this week?	Pray for Others - Is there someone that is hard for you to love? Pray for them, asking God to help you understand their life in a new way.