



new life fellowship

**Sermon Title: Our Rule of Life: Befriending Silence**

**Speaker: Rich Villodas, Lead Pastor**

**Scriptures: Psalm 46**

“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress. Come and see what the Lord has done, the desolations he has brought on the earth. He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire. He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” The Lord Almighty is with us; the God of Jacob is our fortress.”

*Psalm 46:1-11 NIV*

**Sermon Outline:**

1. Silence - so difficult to obtain in the city that never sleeps!
2. Be still and know that I am God.

**Sermon Summary:**

This Sunday Pastor Rich continues the series on the Rule of Life, helping us to rediscover the beauty and power of silence.

**Sermon Questions:**

What words or phrases from this scripture passage resonated in you as you read them? Why?

- How does this scripture connect for you the topic that was discussed today? How so?
- How has your family of origin, the family you grew up in, helped or hinder your to befriend silence?
- Where in your life do you need more silence?
- How did you experience the 15 minutes of silence in the sermon? How did God come to you in that time?
- What do you think are some of the things that drive you towards distraction? Are you running from something? Avoiding something?
- How is God challenging you to grow in your practice of silence and stillness in your life?