

## LIVING YOUR BEST LIFE: Quiet Your Life

Scripture used: [Psalm 39:4](#), [Matthew 4:1-11](#), [Mark 1:35](#)

### OVERVIEW

Pastor Hurmon continued the series "Living Your Best Life." He began by encouraging us to reflect on [Psalm 39:4](#): "Show me, Lord, my life's end and the number of my days; let me know how fleeting my life is." This Scripture reminds us how precious each one of our days are, and how we must make the most of our lives by living our best life that God desires us to live, walking intimately with Him each day. This Scripture prompted Pastor Hurmon to ask us, "How well am I managing my numbered days?"

### KEY POINTS

1. **Apprentice Of Jesus - Organize your life around 3 goals.** In [Matthew 11:28-29B](#) another word for "yoke" would be "teachings," which calls us to "take my teachings upon you and learn from me." Jesus shares this verse as an invitation to all who would be apprentices of Jesus, learning from Him the best way to live. John Mark Comer notes, "The whole point of apprenticeship is to model all of your life after Jesus. And in doing so to recover your soul." Through the following three goals, we can truly learn from Jesus and allow God to continue to change our lives in positive ways.
  - a. **Be with Jesus.** "The noise of the modern world makes us deaf to the voice of God "- Henri J.M. Nouwen. One thing uncommon in our modern world is silence. Whether it's in the car or on a jog, we find ourselves listening to music or podcasts. At home, the TV is often playing, and our friends and family are caught up in their devices as well, even down to the small children. We rarely have time where we put our electronic devices down and submit to the silence we need to connect with Jesus. While technology is awesome, ask yourself, "Who's in charge? Me or my cell phone?" Reclaim the blessing of silence in intentional moments throughout the day to hear the voice of God.
  - b. **Become like Jesus.** [Matthew 4:1](#) reads, "Then Jesus was led by the Spirit into the wilderness [eremos] to be tempted by the devil." The Greek word *eremos* can also be translated as wilderness, desert, solitary place, or quiet place. This Scripture takes place after Jesus was baptized, and another way of reading [Matthew 4:1](#) is that after Jesus was baptized, He was led into a quiet place. It was in this quiet place that Jesus was able to confront doubts and fears, and to ground the future of His ministry in the truth of what God spoke over him during his baptism: "You are my Son, whom I love, with You I am well pleased" ([Matthew 3:17](#)). It is in the quiet places and times that our soul connects with God in exactly the ways we need.
  - c. **Do what Jesus would do, if Jesus were you.** [Mark 1:35](#) reads, "Before daybreak the next morning, Jesus got up and went out to an isolated place to pray." In silence, God confirms our identity, purpose, and direction. He clarifies our priorities. He cultivates our ability to be fully present with God. As we grow in the discipline to be fully present with God, that discipline will allow us to be fully present in other areas of your life, including with friends, family, and experiential moments. Just as Jesus takes his time to pray and enter his quiet place, take your time to create internal and external silence to hear how God is speaking and leading.

### DISCUSSION

- 1) **HEAR** - In college, Pastor Hurmon started as a political science major and was told by the department head of the history department that he ought to change his major to history. The same thing happened with the department head of philosophy and soon he found himself double majoring in history and philosophy. How have you been living a life that other people have set for you?
- 2) **UNDERSTAND** - Reflect on [Matthew 4:1](#) and [Mark 1:35](#). A lot of us are way too busy because we keep saying "yes." We spend little time hearing from God and following His leading because we are lost in the noise of life and other people's expectations. What are the most persistent "noises" in your life right now? How did Jesus tune out the "noise" in His life? How can you find time to enter a quiet place that aligns with your internal purpose? What would this space look like?
- 3) **DO** - Take a step today by scheduling 15 minutes of quiet time and reading the Gospel of Mark. As you read, ask yourself, "What is Jesus teaching me as I read in silence?" Journal your response. Join us next Sunday as we continue our series, "Living Your Best Life!"