



**January 11-12<sup>th</sup>, 2025**

**Break the Ice**

Sometimes clutter comes in the form of noise. What noises drive you nuts the most?

How long of silence in a conversation causes you to start to feel anxious?

**Up**

Read Romans 8:18-25 together. What stands out?

If we are honest, what thoughts and emotions tend to come up when we are in a season of waiting? How does it impact our believe about God?

What does it teach us about God that nearly every Biblical character experienced prolonged seasons of waiting?

**In**

“Waiting is what you do, when you can’t do what you want to do.” This definition makes it clear, that in some way, we are all in a season of waiting. What are you waiting for right now?

What factors can cause your waiting to become harder, more isolated, or more filled with fear?

**Out**

Often, living out our faith is more about “how” we walk through life, than “what” we do in life. In a season of waiting, we get the choice of “how” we will wait.

Clutter  
**Withdraw**  
**Aimlessly wander**  
**Internalize**  
**Turn away**

Quiet Trust  
**Worship**  
**Abide**  
**Identify**  
**Trust**

From the “clutter” list, which elements does your heart most naturally follow when you are waiting?

Have four different people each take an element within the “quiet trust” list and speak to how it can help in seasons of waiting.

**Prayer**

Spend time praying for each other and for endurance in our specific seasons of waiting.