

How To Be Still  
Matthew 4:2  
September/6, 2018

Sermon Series  
WHAT DID JESUS DO?

Step One.

Be STILL in order to Refocus

I. The NEED for Being Still  
"Squirrel" the world of diversions.  
The Tyranny of the Urgent

In order to hear from God, we must first BE QUIET.  
Ecclesiastes 5:1

II. The PRACTICE of Being Still

A. Discipline:

The practice of wanting something else more.

Matthew 16:24

B. The historical disciplines of being still.

- i. SILENCE
- ii. SOLITUDE
- iii. SABBATH
- iv. FASTING

III. When was JESUS Still

Matthew 4:2 Mt. 14:13 ; 17:1

Mark 1:45; 3:7; 3:13 3:20; 6:31 John 6:1; 18:1-2

IV. The DANGER of Being Still

A. We will hear OURSELVES THINK

B. We will discover what we CLING TO.

V. The FRUIT of Being Still

We will learn that HE IS GOD.

He walked in the spirit  
while living in this physical world.

Matthew 3-4, Luke 2, Hebrews

HOW DID JESUS KEEP HIS FACE ON THE FATHER  
WHILE KEEPING HIS FEET ON THE GROUND?

By keeping spiritually fit  
through regular training in spiritual disciplines.\*

**STOP**

S Be STILL in order to refocus  
How to Be Still September 16

Matthew 4:2

The Power of Perspective September 23

Psalms 118

T Be diligent to study the TRUTH

O Be OBEDIENT to all God's instructions

P Be in the habit of PRAISE in all its forms.

\* Recommended Reading

"The Celebration of Discipline" Richard Foster

"The Spirit of the Disciplines" Dallas Willard

"Sabbath" Wayne Muller

"The Pursuit of God" A.W. Tozer

"Invitation to Solitude and Silence" Ruth Haley Barton