

PRAY

PAUSE // REJOICE // ASK // YIELD

PAUSE – Brian Beall

May 23-24, 2026

Sermon Recap:

BIG IDEA: You cannot experience the PRESENCE of GOD at the PACE of your LIFE.

What does it mean to pause?

- 1 - FILLING yourself not EMPTYING yourself – Ephesians 5:18b
- 2 - FOCUSED not UNFOCUSED – Psalm 25:15a
- 3 - LISTENING not LISTING – 1 Kings 19:12-13
- 4 - STILL not QUIET – Psalm 46:10
- 5 - EXPECTING not HOPING – Psalm 5:3
- 6 - PAUSING here presses a START BUTTON in HEAVEN – Ephesians 2:6

Life Group Questions:

Starter Question: What stood out to you about this weekend's message?

- 1 - How would you describe your relationship to prayer?
- 2 - In a fast-paced culture, why is it so difficult for us to just "be still" before God?
- 3 - Of the 6 ways that Brian mentioned about what it means to pause, which stood out to you and why?
- 4 - What does "being still" look like for you in this season of life?
- 5 - Do you ever find yourself struggling with doubt or feeling distant from God when you pray? How do you navigate that?
- 6 - Take time as a group to share what you are praying for personally over the course of the next few weeks of this series.