



SERMON GUIDES

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add in any optional scriptures and questions if needed, then wrap up by deciding on your next steps.

Visit woodlakeumc.org/sermonessentials for weekly sermon guides, devotionals, and more or if you have questions, contact [Jill Perrin at jperrin@woodlakeumc.org](mailto:Jill.Perrin@woodlakeumc.org).

Valleys | Week 1: Valley of Spiritual Silence

Scripture: Psalm 22: 1-5 (ESV)

01.

INTRODUCTION

David is feeling spiritual silence.

Psalm 22:1 – “My God, my God, why have you forsaken me?

Why are you so far from saving me, from my words of
My groaning?”

Words that Jesus himself said on the cross.

“My God, I cry by day, but you do not answer, and by night,
but I find no rest.”

These are the words by David, our great David, but he is still struggling with spiritual silence. The David who wrote the Psalms, David who slayed Goliath.

Have you felt as though you have been in the Valley of Spiritual Silence?

Have you felt that God does not hear you?

YOU ARE NOT ALONE!

02.

DISCUSSION QUESTIONS

- Do you view silence as a bad thing?
- Can silence become good?
Silence can be used to transform us.

400 years when God was silent is called the **Intertestamental period**:
400 years of silence between the Old Testament and the beginning of the New Testament.



SERMON GUIDES

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add in any optional scriptures and questions if needed, then wrap up by deciding on your next steps.

Visit woodlakeumc.org/sermonessentials for weekly sermon guides, devotionals, and more or if you have questions, contact [Jill Perrin at jperrin@woodlakeumc.org](mailto:jperrin@woodlakeumc.org).

The last prophecy of **Malachi 4:** (ESV)

“Behold, I will send you Elijah the prophet before the great and awesome day of the Lord comes.”

NOW 400 YEARS OF SILENCE

Today we are uncomfortable with silence.

Things were predicted in the book of Daniel, so things were happening. This silence that God gives us follows a pattern. It allows us time to respond to God. Time to transform.

- This time of silence gave rise to the nature of God.
- Who is God?
- This silent period was preparing us for the greatest message of all!

The coming of Jesus Christ!

This prophecy came true in the Book of Matthew. John the Baptist came, who was the Elijah to come, and Jesus himself confirms this in **Matthew 11:14 “And if you are willing to accept it, he is the Elijah who was to come”.**

- God broke this 400 years of silence with the announcement of the coming of Christ.
- How should we respond when we're living in valleys of silence?

Look back at Psalm 22:4-5 :

In you our ancestors put their trust,
They trusted and you delivered them.



SERMON GUIDES

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add in any optional scriptures and questions if needed, then wrap up by deciding on your next steps.

Visit woodlakeumc.org/sermonessentials for weekly sermon guides, devotionals, and more or if you have questions, contact [Jill Perrin at jperrin@woodlakeumc.org](mailto:jperrin@woodlakeumc.org).

To you they cried out and were saved;
In you they trusted and were not put to shame.
David looked back at his ancestors, those who felt the same.

Liminal Space: Limen (Latin) means threshold

Doorways have thresholds. Imagine stepping over a threshold going from one room into another. Going from a familiar place into a place unfamiliar, unknown.

Josh likened 'liminal space' of his announced engagement....going from being single to engagement over the threshold towards marriage. Going from the familiar toward the unknown.

Liminal Space – we must be transformed by going from familiar toward the Unknown. The threshold is God's waiting room.

- Are you in Liminal space right now, experiencing God's silence? Living in the Valley, waiting, silence, grief, sickness.....
- We are not transformed on the mountaintop, we are transformed in the Valleys.
- We are transformed in when we are at our lowest.
- We are transformed when we are at our emptiest.
- We are transformed when God can enter us the most.

Mother Teresa felt empty for 50 yrs., she was wrapped in dark silence. She lived in a spiritual desert, she lived in the Valley of Silence.



SERMON GUIDES

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add in any optional scriptures and questions if needed, then wrap up by deciding on your next steps.

Visit woodlakeumc.org/sermonessentials for weekly sermon guides, devotionals, and more or if you have questions, contact [Jill Perrin at jperrin@woodlakeumc.org](mailto:jperrin@woodlakeumc.org).

"I am convinced that even one moment is enough to ransom an entire miserable existence, an existence perhaps believed to be useless."
(Mother Teresa) After feeling years of spiritual silence, she fell back on that one moment she had heard from God. She fell back on that and lived a life of service.

Ask yourself:

- Has God been silent, or did you ignore him the first time he called?
- Is one message from God is enough to change your life?

ONE MOMENT IS ENOUGH TO CHANGE YOUR LIFE

03.

NEXT STEPS – If you want your life changed:

1. Live into God's liminal space for you.
2. Allow silence to transform you. (God is present and not rushing you.)
3. In the silence, serve God.