



FREQUENCY

Tuning in to the Voice That Matters

THIS BOOK BELONGS TO:

Frequency: Tuning in to the Voice That Matters
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WELCOME TO FREQUENCY



God told me so.

When you hear those words, what's your reaction? Are you suspicious, wondering how anyone could be so sure that they, specifically, heard from the God of the universe? Are you a little jealous, wishing that you had that type of assurance, confidence, or closeness with God?

Hearing from God feels like a mystery—so many people talk about it, but not many people can tell you how to do it or how to figure out if what you're hearing is from God or not. But the rumors are true: God does speak and you can hear him—just not quite in the ways that you would expect.

God is constantly communicating with us, but he does so differently (read: better, more creatively) than we typically talk to one another. You just need to learn how to listen—how to tune in to his frequency.

Here are some things you need to know as you go through this study:

God wants to connect with you.

In fact, he's looking forward to it. But how ready are you to connect with him? As you go in and out of the sessions and devotional times, make sure you are willing to listen to him and learn from him. He promises that he will come near to you if you come near to him (James 4:8). Try it!

What you put into this study is what you'll get out of it.

There are people all around you who have spent a lot of time praying for you and getting ready to invest in you. You'll probably meet some new people, hear some new speakers, and get a chance to spend some quality time with God and with friends. Take advantage of it! Ask hard questions. Commit to being authentic and honest. God wants to use this time and these people in your life.



SESSION 1 INTRO DISTRACTED

Trying to talk to a distracted person is so frustrating. Maybe you've experienced this while telling a friend a story while his eyes are glued to the phone in front of him.

You: Can you believe that happened to me?

*Him: *nodding head* Same, dude. Me too.*

You: Are you even listening?

Him: Sorry, what?

You've probably had some sort of experience like this. It's frustrating, especially when you have something important to share. But distractions will always be there and, to be honest, you're probably also more distracted than you'd care to admit. What important things are you too distracted to pay attention to?

The truth is, God wants to cut through all the distractions and communicate with us too. We're surrounded by noise, by other voices, and we need to step back. We need to tune in to the right frequency. If you're ready to hear God's voice, it's time to trim the distractions and learn what to listen for.

SESSION ONE LARGE GROUP DISTRACTED

These two pages are designed so you can take note of anything that stands out to you and that you think is worth remembering during the large group talk. This talk will set the stage for the rest of the session. Consider writing down main points, quotes, Bible verses, and any questions that pop into your head.

How have you expected God to speak to you in the past?
Do you think you were listening on the right frequency?

Why do you think God wants to communicate with us?

The top corners of the page are decorated with large, stylized 3D geometric shapes. On the left, a yellow and red shape is partially visible. In the center, a green and red shape is prominent. On the right, a yellow and red shape is partially visible. These shapes have thick black outlines and are arranged in a way that suggests they are floating or attached to the page.


SESSION 1 SMALL GROUP A 2ND LOOK

DISTRACTED

John Williams is known for creating some of the most memorable movie themes of all time. His instantly recognizable soundtracks include the triumphant tunes from *Star Wars* and *Jurassic Park*, the mysterious melodies from *E.T. the Extra-Terrestrial* and *Harry Potter*, and the bold ballads from *Superman* and *Raiders of the Lost Ark*. These complicated and captivating themes are practically synonymous with that feeling of excitement and wonder we feel when we see a blockbuster on the big screen.

But when director Stephen Spielberg asked Williams to craft a theme for his newest movie—a suspenseful thriller called *Jaws*—the composer decided to do something different. After weeks of work, he finally asked Spielberg to sit down and listen to the theme he had developed. The director held his breath and waited as Williams placed his hands on the piano keys. But instead of an intricate flurry of notes, Williams played only two alternating keys: E and F. Spielberg laughed out loud. *Good joke*, he thought. *Now what is the actual theme?* But Williams was completely serious. He played those two notes one after the other, soft and steady, then growing louder and louder. The composer later described the theme as “grinding away at you, just as a shark would do, instinctual, relentless, unstoppable.”¹

Finally, Spielberg grinned and said, “Let’s try it.”² The theme is now one of the most recognizable in all of cinema. Explaining why he chose such an unexpected melody, Williams said, “I settled on what I thought was the most powerful thing, which is to say, the simplest.”³



Why do you think John Williams's score for *Jaws* is so effective?

If you were making a movie about the Bible, and you needed to cast a voice actor to play God's voice, who would you choose and why?

How can our expectations keep us from hearing the surprising ways God is actually speaking to us?

¹"Two Notes That Changed The Film World: John Williams' Theme For 'Jaws'," CSO Sounds & Stories, June 8, 2017, accessed July 1, 2019, <https://csosoundsandstories.org/two-notes-that-changed-the-film-world-john-williams-theme-for-jaws/>.

^{2&3} Jon Burlingame, "The Music Of Jaws: An Interview With John Williams," *Limelight*, August 21, 2012, accessed July 1, 2019, <https://www.limelightmagazine.com.au/features/the-music-of-jaws-an-interview-with-john-williams/#sthash.Ogn3YOfA.dpuf>.

SESSION 1 SMALL GROUP A LITTLE DEEPER

DISTRACTED

Take a look at each of these Bible passages and get ready to talk through the following questions with your group.

Genesis 1:3–5: “And God said, ‘Let there be light,’ and there was light. And God saw that the light was good. And God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.”

According to this passage, how did God create the universe?

What does this tell us about the power of God’s voice?

Exodus 3:1–4a: “Now Moses was keeping the flock of his father-in-law, Jethro, the priest of Midian, and he led his flock to the west side of the wilderness and came to Horeb, the mountain of God. And the angel of the Lord appeared to him in a flame of fire out of the midst of a bush. He looked, and behold, the bush was burning, yet it was not consumed. And Moses said, ‘I will turn aside to see this great sight, why the bush is not burned.’ When the Lord saw that he turned aside to see, God called to him out of the bush, ‘Moses, Moses!’”

What is something familiar in your life that God may be using to speak to you (for example, your hobbies, schedule, friends, etc.)?

Why do you think it’s so easy to ignore these everyday messages from God?

Psalm 46:1–3, 10: “God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth give way, though the mountains be moved into the heart of the sea, though its waters roar and foam, and the mountains tremble at its swelling...‘Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth.’”

Why do you think it’s so hard to find quiet and calm in the midst of our schedules?

What is one way you could quiet your heart today to better hear God’s voice?

APPLY IT

Write down one way you can get rid of distractions and tune in to God’s voice. Think about what you can do today or this week to grow in this area.

BE SPECIFIC:

What are you going to do?

When are you going to do it?

Is there someone who can keep you accountable?

NOTES: