



Leader's Corner

Healing in an Age of Self-Creation
(Avatars)

John 10:1-10

Summary:

In a world flooded with noise, stimulation, and constant input, many of us aren't just tired—we are soul-weary. Jesus reminds us in John 10 that His sheep recognize His voice, yet the danger is that the voice of noise has become more familiar than the voice of our Shepherd. The invitation is simple but profound: reclaim quietness so we can once again hear, recognize, and follow Jesus into a truly abundant life.

Main Passage: John 10:1–10

Main Idea: The more familiar we become with the Shepherd's voice, the more we experience the life He offers.

Main Practice: Give the first 15 minutes of each day to quietness with Jesus.

Prayer and Praise

Opening Prayer (liturgical style):

Lord Jesus,

You are the Good Shepherd,
the One who knows us by name
and calls us into life.

In the noise, we have drifted.

In the distraction, we have listened elsewhere.

But today, we return.

Quiet our hearts.

Still our minds.

Tune our ears to Your voice again.

Teach us the unforced rhythms of Your grace,
that we might live freely and lightly in You.

Amen.

Worship Song Suggestions:

- "Good Good Father" – Chris Tomlin
- "Speak O Lord" – Keith Getty
- "Make Room" – The Church Will Sing

Group Discussion

Theme: Recognizing the Shepherd's Voice in a Noisy World

1. Recall

- What stood out to you most from this week's message?
- Where do you most feel the reality of "overstimulation" in your life right now?

2. Understand

- In John 10, what does it mean that the sheep "recognize" (hear and attend to) the Shepherd's voice?
- What are some modern-day "thieves and robbers" competing for your attention?

3. Apply

- If you're honest, whose voice has been most familiar to you lately—the Shepherd or the noise?
- Where in your day are you most likely to fill silence instead of embracing it?

4. Analyze

- Why do you think quietness feels so difficult or uncomfortable in our culture?
- How does constant stimulation affect your ability to hear God clearly?

5. Evaluate

- What is the cost in your life when you don't hear or follow Jesus' voice?
- What might change if His voice became the most familiar voice in your life again?

6. Create

- What would it look like for you to intentionally "flee from the stranger" this week?
- How can you practically create space to recognize and respond to Jesus daily?

Practice

Group Practice (in the moment – 5–7 minutes):

- Sit together in silence for 2 minutes (phones away).
- Then ask: “Lord, what are You saying to me right now?”
- Invite anyone who is willing to share one word, phrase, or impression.

Individual Practice (this week):

The 15-Minute Rhythm

- Phone in another room
- Same chair each day
- 5 minutes: Read (start with Gospel of Luke or Psalms)
- 5 minutes: Sit in silence
- 5 minutes: Pray + write one sentence

Weekly Challenge:

Before anything else each day—choose the Shepherd over the noise.

Further Study

- Luke 5:16 — Jesus withdrawing to quiet places
- Mark 1:35–39 — Choosing intimacy over urgency
- Luke 10:38–42 — Mary choosing the better
- Matthew 11:28–30 — The invitation to real rest
- Psalm 46:10 — “Be still and know...”

Quote for Reflection:

“We live in a world that is perfectly designed to distract us from the voice that gives us life.”