FIRST BAPTIST CHURCH

LAPLACE

INVITATION TO SILENCE

Learning to be still in the presence of God.

PARTICIPANT WORKBOOK

A 12-week spiritual formation course · Spring 2027

A quiet place for Scripture, reflection, and the slow work of following Jesus.

FIRST BAPTIST CHURCH OF LAPLACE

Welcome to the Quiet

Over twelve weeks we will learn to attend to God through Scripture, prayer, silence, and solitude. You do not need experience with silence to begin. This is not a contest, a technique for earning God’s favor, or a promise of extraordinary experiences.

How to use this workbook

Bring it each week. Read the assigned Scripture and the corresponding portion of Into the Quiet as announced by your leader. Write honestly. Share only what you choose. Return to the practices with grace.

A simple pattern

Read a short Scripture passage. Settle into quiet. When distracted, gently return to prayer or the passage. Respond to God in words or journaling. Carry one small act of obedience into the day.

WEEK 01 / The Invitation to Be Still

Psalm 46:1–11

> Silence is not about escaping noise; it is learning attentiveness to the God who is already present.

Read & reflect

Read Psalm 46:1–11. What does this passage reveal about God? What response does it invite?

Notes from the teaching

Questions for the week

- What feels loudest in your life right now?
- How does Psalm 46 locate our security in God rather than circumstances?
- What would three quiet minutes make room for?

This week’s practice

3 minutes of silence each day; notice distractions without judging yourself.

My prayer

WEEK 02 / The Noise We Carry

Luke 10:38–42

> Good responsibilities can become anxious distractions that crowd out attentive discipleship.

Read & reflect

Read Luke 10:38–42. What does this passage reveal about God? What response does it invite?

Notes from the teaching

Questions for the week

- What good thing tends to consume your attention?
- How does Jesus address Martha?
- How can you serve without becoming distracted by service?

This week’s practice

5 minutes daily; replace one habitual phone-check with quiet prayer.

My prayer

WEEK 03 / The Way of Jesus

Mark 1:32–39

Jesus withdrew to pray even amid legitimate and urgent demands.

Read & reflect

Read Mark 1:32–39. What does this passage reveal about God? What response does it invite?

Notes from the teaching

Questions for the week

- What makes you feel constantly available?
- What does Jesus do before the disciples find him?
- Where can you establish a small place of solitude?

This week’s practice

5–7 minutes daily; schedule one longer period of solitude.

My prayer

WEEK 04 / Into the Wilderness

Luke 4:1–13

Solitude can expose competing desires and invite deeper dependence on God.

Read & reflect

Read Luke 4:1–13. What does this passage reveal about God? What response does it invite?

Notes from the teaching

Questions for the week

- What do you reach for when uncomfortable?
- What does Jesus’ use of Scripture teach us?
- How can solitude support faithful responses?

This week’s practice

10 minutes daily with a short Scripture passage as an anchor.

My prayer

WEEK 05 / Quieting the Soul

Psalm 131

A quiet soul grows through humility and trust, not through having every answer.

Read & reflect

Read Psalm 131. What does this passage reveal about God? What response does it invite?

Notes from the teaching

Questions for the week

- What are you trying to control?
- What does the child image suggest about rest?
- How might humility change your prayer?

This week’s practice

10 minutes daily; begin by reading Psalm 131.

My prayer

WEEK 06 / A Heart That Listens

1 Samuel 3:1–10

Listening begins with humble readiness to receive and obey God’s revealed Word.

Read & reflect

Read 1 Samuel 3:1–10. What does this passage reveal about God? What response does it invite?

Notes from the teaching

Questions for the week

- How do we avoid treating every impression as God’s voice?
- What does Samuel’s response teach?
- What Scripture calls you to obedience?

This week’s practice

10 minutes with Scripture, silence, and a written prayer.

My prayer

WEEK 07 / God in the Quiet

1 Kings 19:1–18

God cares for his people in weakness; his presence is not limited to dramatic experiences.

Read & reflect

Read 1 Kings 19:1–18. What does this passage reveal about God? What response does it invite?

Notes from the teaching

Questions for the week

- How does fatigue affect you?
- What expectations do you bring into prayer?
- What does God give Elijah after the encounter?

This week’s practice

15 minutes daily, divided into shorter periods if needed.

My prayer

WEEK 08 / What Silence Reveals

Psalm 139

> Because God knows us fully, we can approach him with honesty rather than hiding.

Read & reflect

Read Psalm 139. What does this passage reveal about God? What response does it invite?

Notes from the teaching

Questions for the week

- What do you avoid facing?
- How does being known by God affect you?
- What is the difference between conviction and shame?

This week’s practice

15 minutes of silence and optional private journaling.

My prayer

WEEK 09 / The Practice of Surrender

Matthew 26:36–46

Surrender brings our real desires before God while trusting his will.

Read & reflect

Read Matthew 26:36–46. What does this passage reveal about God? What response does it invite?

Notes from the teaching

Questions for the week

- What does Jesus’ honesty teach us?
- How is surrender different from passivity?
- What concern can you entrust to God?

This week’s practice

15 minutes daily including a prayer of surrender.

My prayer

WEEK 10 / The Beauty of an Ordinary Life

1 Thessalonians 4:9–12

> Quiet faithfulness expresses itself through love, work, and ordinary obedience.

Read & reflect

Read 1 Thessalonians 4:9–12. What does this passage reveal about God? What response does it invite?

Notes from the teaching

Questions for the week

- What does culture say makes a life important?
- What does Paul actually command?
- How can quiet prayer shape your relationships?

This week’s practice

Continue silence; add three short pauses during ordinary activities.

My prayer

WEEK 11 / Abiding in His Presence

John 15:1–11

> Fruitfulness comes from abiding in Christ, not mastering a spiritual technique.

Read & reflect

Read John 15:1–11. What does this passage reveal about God? What response does it invite?

Notes from the teaching

Questions for the week

- How can practices become performance?
- What fruit do you hope to see?
- What sustainable rhythm could help you abide?

This week’s practice

Draft a daily, weekly, and monthly Rule of Silence.

My prayer

WEEK 12 / Living from the Quiet

Luke 5:15–16

> The goal is not completing a course but living in deeper communion with Jesus.

Read & reflect

Read Luke 5:15–16. What does this passage reveal about God? What response does it invite?

Notes from the teaching

Questions for the week

- What changed across twelve weeks?
- Which rhythm is realistic long-term?
- Who can encourage you to continue?

This week’s practice

Finalize and begin your Rule of Silence; review it seasonally.

My prayer

My Rule of Silence

Choose rhythms that help you attend to Jesus in your actual life. Adjust them as circumstances change.

Daily rhythm

_____

_____

_____

Weekly rhythm

_____

_____

_____

Monthly or seasonal rhythm

_____

_____

_____

People who can encourage me

_____

_____

_____

> We do not enter the quiet to become better at silence. We enter the quiet to become more attentive to Jesus.