



GABRIEL

Hearing God's Voice Through Distraction

We live in a noisy, fast-paced world, but distractions aren't new. Long ago, people faced their own interruptions—from government oppression and heavy taxes to family dysfunction and tribal conflict. Distraction has always been part of life.

And not all distractions come from outside. Worry, for instance, can quietly take over our thoughts, replacing trust with anxiety and fear.

Even good things can distract us. Our calendars overflow with school, work, sports, and social events. Technology adds even more noise, quietly pulling us away from God.

But Scripture invites us to slow down. “Be still, and know that I am God” (Psalm 46:10). Isaiah 26:3 reminds us that peace comes when our minds stay on Him. Jesus often withdrew to pray, modeling what James 4:8 promises: “Come near to God and He will come near to you.”

God draws near when we make space to hear Him.

This Christmas, amid the joy and celebration, choose to slow down and spend time with God. It's in those quiet moments that He reveals Himself. As we grow in our relationship with Him—and reflect on the Good News the angels declared—we'll learn to trust Him more with every part of our lives.

Discussion Questions

- **Let's start with Gabriel from the video.**
 - Gabriel seems frustrated. Why do you think that is?
 - What might be bothering him about how people are spending their time?
 - *(Leader tip: You can say something like, "Have you ever felt like no one is listening when you're trying to say something important?")*
- **Mary shares some gentle wisdom about how God speaks to us.**
 - What did she say that stood out to you?
 - How might that be comforting?
 - Can you think of a time when God gave you peace or encouragement through something you read, heard, or felt?
- **Let's talk about spending time with God.**
 - What is one of your favorite ways to connect with God?
 - (Some examples: being in nature, singing, drawing, reading the Bible, going to church, praying, being quiet.)
 - *(Leader tip: If your group is quiet, offer one of your own answers to get things started.)*
- **Distractions are everywhere.**
 - What are some of the biggest distractions in your life right now?
 - (Examples: phone notifications, YouTube, busy schedules, stress, noise, sports, comparison.)
 - In Jesus' time, people had distractions too. What do you think some of those might have been?
 - (Examples: family arguments, Roman government issues, taking care of animals or crops, traveling far for a census.)
- **Why does spending time with God matter?**
 - What changes when we slow down and make space to listen to God?
 - Can you think of one way you could make a little more room for Him this Christmas?
 - (Examples: a quiet walk, lighting a candle and saying a prayer, reading a short Scripture passage.)
- **God speaks to us in different ways.**
 - Sometimes it's through Scripture or prayer. Sometimes, through someone's encouragement or a message we hear at church.
 - Can you remember a time when God spoke to your heart in one of those ways?
 - What did that moment feel like?

Activity: Hearing God's Voice Through Distraction

Create a "Quiet Space Card"

Supplies needed: Index card or cardstock, markers or crayons, stickers (optional), Bible or Bible app

- Read Psalm 46:10 aloud: *"Be still and know that I am God."*
- Invite everyone to find a verse about Jesus that brings them peace or reminds them that He is near.
- Write the verse on the card and decorate it with soft visuals (stars, candles, hearts, clouds, etc.).
- On the back, write one thing you'll do this week to be still with God—like lighting a candle, turning off your phone, or going for a silent walk.
- Place the card somewhere you'll see it, like on your nightstand, bathroom mirror, or lunchbox.

Noise Check Challenge (Group Version)

- Invite everyone to sit silently for one minute. Then ask:
 - What did you hear?
 - What distracted you?
 - How hard was it to stay quiet?
- Read James 4:8 aloud: *"Come near to God and He will come near to you."*
- Discuss how "coming near" to God might look when we turn down the volume on life.

DIY "Do Not Disturb" Door Hanger

Supplies: A blank door hanger (paper or foam), markers or crayons, stickers (optional)

- Decorate the hanger with verses, drawings, or words like:
“I’m meeting with God—come back later!” or
“Quiet time with Jesus in progress.”
- Hang the sign on your bedroom door before your quiet time with God to help reduce interruptions.