

Hush the Noise
Join the Love Song
this Christmas



FILM DISCUSSION

The Methodist Church 

Hush the Noise

FILM DISCUSSION POINTS



Themes for Reflection

Connection and Disconnection

The film portrays a person feeling overwhelmed and disconnected despite being surrounded by family and friends. This reflects the modern struggle with busyness and the constant noise of life.

- Discuss how their journey to find peace and connection mirrors the spiritual journey many people experience, especially during the busy Christmas season.



The Role of Technology

The person's phone is a recurring element, symbolising both connection and distraction.

- Explore how technology can both help and hinder our relationships and spiritual wellbeing.



Finding Peace in the Ordinary

The film ends with the person finding joy in simple, everyday moments with his family.

- Relate this to the campaign's theme of discovering God's love in ordinary life and how small moments can have profound spiritual significance.



Loneliness and Community

Despite being surrounded by people, the person feels lonely. This highlights the importance of genuine community and connection, particularly at Christmas.

- Discuss how the Church can be a place of refuge and connection for those feeling isolated.



Questions for Discussion



Personal Reflection

- Have you ever felt like the person in the film, overwhelmed and disconnected? How did you find peace or connection in those times?

Technology and Distraction



- How does technology impact your ability to be present with others, with the world or with something bigger? What steps can you take to minimise distractions?

Ordinary Moments

- Can you share a time when you experienced a sense of something bigger than yourself, in an ordinary moment? How did it impact you?

Community and Support

- What role does community play in your life? How can we as a community better support each other in finding peace and connection?

Advent and Christmas

- How can we use this Advent and Christmas season to slow down and focus on what truly matters? What traditions or practices help you connect with the deeper meaning of the season?

Additional Notes

Visual and Emotional Impact

- The film uses powerful visuals and a relatable narrative to convey its message. Discuss how these help engage viewers and make the message more impactful.

Call to Action

- Encourage viewers to reflect on their own lives and consider how they can find peace and connection amidst the busyness. Suggest practical steps they can take, such as spending more quality time with loved ones or setting aside moments for quiet reflection and prayer.





The **Methodist** Church

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