



GOING DEEPER

LISTENING PRAYER

SILENCE & STILLNESS

Do you find being in silence difficult?

Why do we so often fill our lives with noise? With activity?

Is there a connection between the amount of noise and distraction in our lives and our inability to hear God's voice?

SILENCE & STILLNESS

Psalm 46 The earth shakes, the waters roar and are troubled, the mountains threaten to tumble into the midst of the sea, the nations rage, the kingdoms are moved and the sound of war is heard throughout the land.

V10: “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

1 KINGS 19:9-14

⁹ There he came to a cave and lodged in it. And behold, the word of the LORD came to him, and he said to him, “What are you doing here, Elijah?” ¹⁰ He said, “I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.” ¹¹ And he said, “Go out and stand on the mount before the LORD.”

1 KINGS 19:9-14

...And behold, the LORD passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the LORD, but the LORD was not in the wind. And after the wind an earthquake, but the LORD was not in the earthquake. ¹² And after the earthquake a fire, but the LORD was not in the fire. And after the fire the sound of a low whisper. ¹³ And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, "What are you doing here, Elijah?"

THE SOUND OF A LOW WHISPER

The LORD was not in the wind, the earthquake, or the fire... but in “the sound of a low whisper.” v11-12

Silence & Stillness (Calm)

Seeking God in the “extraordinary” or in the Stillness?

JESUS' PRACTICE

Luke 5:15–16 ¹⁵ But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. ¹⁶ But he would withdraw to desolate places and pray.

Always More to Do

Jesus INTENTIONALLY pursued silence and solitude.

WEEKLY CHALLENGE

- **Minimize the Noise:** Find a place with few distractions. Turn off media and notifications. Prioritize being alone, in quietness before God.
- **Start with 10 Minutes:** Following Scripture reading and maybe a time of worship, set aside 10 minutes for stillness and quietness.
- **Distracting thoughts?** When you're distracted by thoughts of what you need to be doing, consider writing a brief note and set it aside until after your time of prayer.

WEEKLY CHALLENGE

- A Listening Journal: Consider keeping a journal to record the “whispers” you hear from God.
- Test: Remember to always test what you hear from God with Scripture and with other believers.