

# The Still Small Voice

## A discussion guide



Based on **1 Kings 19:1-13** (Linked to sermon of 20/9/20)  
which can be accessed at [www.stjamesbythepark.org/talks](http://www.stjamesbythepark.org/talks)

*This was part of a series: Listening to God*

Intro: In this passage we see how God tends to an exhausted Elijah and speaks to him, not through the powerful wind, fire and earthquake but through silence. As we learn to listen to God, we may need to cultivate the disciplines of solitude and silence in our prayer life.

You might like to begin with a worship song, such as David Evans "Be still, for the presence of the Lord"

<https://youtu.be/ZugvUQ4m90U>

Then try having a few minutes of silence before some prayers of praise.

*How does this passage speak to our desire to be a God-dependent, grace-filled, Bible-based, mission-focused, authentic community?*

### **Up (Go deeper with God):**

*Begin your study by reading 1 Kings 19:1-13 again. As well as your own observations, think and discuss the following:*

- 1. What emotions are expressed in this passage and how does God respond to Elijah's physical and emotional needs?*
- 2. Why do you think God speaks to Elijah in the way he does?*
- 3. How do you think Elijah knew that God was speaking to Him?*
- 4. Georgia shared some tips for practising silence as part of prayer. Read together and look at the relevant verses:*

- Find a place where you can be alone with God Mark 1:35
- Avoid distractions 2 Corinthians 10:5
- Practise stillness Psalm 37:7
- Focus on the goodness of God Colossians 3:2
- Try not to set an agenda Matthew 6:8
- This is a practice, it will take practice!

How helpful do you find this? Do you have ideas of your own that work for you that you could share with the group?

### **In (Grow closer to each other):**

*It was noticeable in the passage that God ministered to Elijah's physical and emotional needs first, before He spoke. Be honest with one another about how you are feeling at present and think about how you can support each other physically, emotionally and spiritually." Be kind and compassionate to one another" Ephesians 4:32*

*Georgia noted at the beginning of her sermon that the Israelites were too afraid to hear God for themselves (Exodus 20:20-21) and asked Moses to be a go between. Be honest with one another about how you feel about listening to God and hearing His voice for yourself.*

*Listening to God is often an individual activity but can also be done as a group. Think about how you can build in times of silent prayer in your group and give time to feed back to one another words, pictures and thoughts which have come out of that time.*

### **Out (Reach further with the good news):**

*How can our listening to God affect our outreach to our friends and neighbours? It may be that during your silent prayer, God speaks to you about the needs of your friends and neighbours, just as God ministered to Elijah in his time of need through the angel, so we can be "angels" in our communities. Discuss how you might do that.*

*Finally end in prayer and try to encourage one another to find space and time to practise silent listening to God. Let each other know how it goes!*

*"God is always coming towards us, at every moment and in everything that happens. Our task is to be more attentive to his coming, to listen between the lines, **to catch the silent music**"*

*John Pritchard*

*Further reading: Richard Foster's Celebration of Discipline has some excellent chapters on prayer and solitude.*

*John Pritchard's How to Pray is quick and easy but really useful*