



Devotions for Jan 25-Feb 1, 2025 • When the Fire Falls,  
Week 4

## "Hearing God's Still Small Voice"

Scripture Focus: 1 Kings 19:1–14

### Stories We Tell Ourselves

**For Elijah, he found himself in the wilderness, fleeing for his life and feeling utterly defeated.** His despair was so overwhelming that he asked God to take his life (1 Kings 19:4). In this season of wilderness, the stories Elijah told himself about God, himself, and the culture around him led him to despair. He believed he was completely alone and that his efforts for God's kingdom had been in vain. It was in this vulnerable state—a moment of wilderness and isolation—that God spoke to him. Not in the dramatic displays of power through the wind, earthquake, or fire, but in the gentle whisper of a still small voice.

**Through life we can find ourselves in seasons of wilderness—times of uncertainty, stress, or even despair.** Every day, we tell ourselves stories about life, God, and ourselves. These stories are far more powerful than we realize. They shape how we see God, our identity, and the world around us. In difficult moments, we may convince ourselves that God is distant, that we are unworthy, or that the world is too broken for redemption. These false narratives can drown out the truth of who God is and who we are in Him. Yet, it is often in these times of wilderness that God invites us to stillness, where His voice can be heard most clearly. We need to approach God in honesty and vulnerability, bringing our true selves before Him without fear or pretense.

### Stillness Activity: Moving Past the Noise

In today's fast-paced world, we are **bombarded with distractions**. From the chaos of daily responsibilities to the digital noise of social media and news, the "wind," "earthquake," and "fire" in our lives can drown out the gentle whisper of God. To hear Him, we must cultivate stillness and silence.

**Challenge:** Practice this stillness **3-5 times** this week.

#### Preparation:

- Find a **quiet space** where you will not be disturbed.
- **Turn off** your phone and other devices.
- Bring a journal and pen in case you wish to **write down** what you sense God speaking.

#### Practice:

##### 1. Center Yourself:

- Sit comfortably and **close your eyes**.
- Take slow, deep breaths, focusing on the rhythm of **your breathing**. As you exhale, imagine letting go of distractions and burdens.

## 2. Acknowledge the Noise:

- Reflect on the "wind," "earthquake," and "fire" in your life—the distractions, fears, and pressures that demand your attention. **Name them** silently before God. Write them down to acknowledge and move past them.

## 3. Enter into Silence:

- Invite God into this **moment of stillness**. Say something like, "Lord, I am here to meet with You. Help me to hear Your voice above the noise."
- Sit quietly for 5–10 minutes, focusing on **being present** with God. If your mind wanders, gently bring it back to your breathing or repeat a short prayer such as, "Lord, I am here to meet with You."

## 4. Listen for the Whisper:

- As the noise subsides, **pay attention** to the thoughts or impressions that arise. Is there a Scripture, an encouraging word, or a gentle reminder coming to mind? These may be God's whisper to your soul.
- Sometimes in silence, we **don't hear** His whisper immediately, or it takes days of slowing ourselves down to hear. Don't be discouraged—this is normal. A true sign of a good friendship is being able to sit together in silence. God is honored and praised when we choose to sit in silence with Him.

## 5. Journal Your Experience:

- After your time of silence, **write down** any insights, feelings, or thoughts that stood out to you. What might God be speaking to you in this season?

# Reflection

**Are you listening to the loudest stories in our culture** or the ones you fabricate to suit your circumstances? Or are you leaning into God's narrative—the story that leads to beauty, goodness, and fulfillment? Elijah's story reminds us that God's voice isn't in the flashiest or most dramatic moments, but in the quiet whispers we hear when we slow down.

## Key Questions:

1. **What stories** have you been telling yourself about God, yourself, and the world?
2. How can you create **more space** for silence and stillness in your daily routine?
3. What might God be **whispering to you** in this season of life?

## Prayer:

*"Lord, in the midst of life's noise and chaos, **help me to find stillness**. Teach me to quiet my soul so I can **hear Your voice**. Remind me that You are not in the dramatic displays but in the gentle whispers that **speak to my heart**. Lead me to Your truth and help me to trust in **Your narrative** for my life. Amen."*