

“Be Still: Listen”

Growth Group Guide

January 11, 2026

WELCOME *(Connecting with each other)*

A.W. Tozer said, “We Christians must simplify our lives or lose untold treasures on earth and in eternity. Modern civilization is so complex as to make the devotional life all but impossible. ... The need for solitude and quietness was never greater than it is today!” Tozer lived from 1897-1963, yet his words could be truer for our day and age. Discuss how “modern civilization” could be a problem for a Christian. How do you think solitude and quietness can help?

WORSHIP THROUGH PRAYER *(Connecting with God)*

Read the verses below. Praise God for times of quietness with Him where His gentle voice is heard and produces faith in us.

Ecclesiastes 4:6 (ESV) Better is a handful of quietness than two hands full of toil and a striving after the wind.

Isaiah 30:15 (ESV) For thus said the Lord GOD, the Holy One of Israel, “In returning and rest you shall be saved; in quietness and in trust shall be your strength.”

Isaiah 32:17 (ESV) And the effect of righteousness will be peace, and the result of righteousness, quietness and trust forever.

WORD *(Letting God speak to us)*

1. What do you picture in your mind when you think about being still? What sort of qualities of being still do you think we might discover in this new series? What do you hope to gain from studying being still?
2. **Read James 5:17a, preferably in the NLT.** Why is it important for us to understand what this verse tells us about Elijah when we read the events in his life from 1 Kings 18-19?
3. **Read 1 Kings 18:22-39.** Here Elijah has what might be called a mountaintop experience with God. God does a miracle by sending fire from heaven and burning up Elijah’s sacrifice, the altar, dust, and water. Have you had a mountaintop experience that was powerful and meaningful to you? If you feel comfortable, share it now.
4. **Read 1 Kings 19:1-5a.** Have you ever been overexerted like Elijah? Can you identify with one small thing sending you over the edge? How might we be prepared ahead of time to not react like Elijah but respond by walking in the Spirit?
5. **Read 1 Kings 19:11-13a, NKJV.** Elijah is not moved by the big powerful displays but by the still small voice. What do you think would get our attention today and why?

6. If we’ve become programmed to look for the loudest and flashiest, do you think we can learn to shift our focus with God on His still, gentle whisper? How might God help you in unique ways to make this shift?
7. Power and might can’t accomplish what the gentle voice of love can, calling down fire from heaven is great, but battles are truly won in developing our attentiveness to the still small voice of God. Why do you think winning battles isn’t found in the grand but in the simple? How might this cause you to realign your energies from things that are just noise to things that are small but of immense value?
8. Elijah retreated to hear God’s voice. Have you ever taken time away, even in your home or a coffee shop, to listen to God’s voice? Did you feel encouraged to try it again? Why or why not?
9. Listening to God’s voice doesn’t require us to get away and retreat from everything. How could we be still and listen for God’s voice in the hustle and bustle of life? (Think mostly of internal posture.)

WALK *(Living out God’s purposes)*

- ✓ **One Big Idea: To be still is to listen for God’s quiet, gentle voice rather than seeking loud, attention-grabbing displays of power.** Look at questions #6 and #7 again. Did the Spirit inspire you with ideas for realigning “your energies [or focus] from things that are just noise to things that are small but of immense value?” Talk to God about them today. Ask how He would have you implement these beneficial changes to your walk with Him. Have fun this week finding new quiet places to meet with Him. You may find a new favorite place or practice that helps you hear God’s gentle voice and get to know Him better. Also, find a place with “hustle and bustle” and practice stillness there (question #9). Afterward, talk to him about you learned. Remember, hearing His voice is practical. It’s where you learn you are loved and that it’s safe to yield to and trust Him.

WORLD *(Embracing God’s heart for others)*

Chris and Kellie Haley have spent years building community and deep roots in Salem, OR, and began sensing a call to South Salem to plant a church. Through Evergreen Network, they will be launching a church plant this fall that reaches the overlooked, the unchurched, and those longing for more. They believe church should be a place where people can belong before they believe in Jesus, wrestle with real questions, and experience the transforming love of Jesus. Their heart is to build a church where identity is restored, relationships are deep, and the Holy Spirit moves in power. Aaron & Tatum Nelson feel compelled to reach the next generation in Corvallis, OR. With a population of around 60,000, it is home to 25,000 students at OSU, yet less than 5% of them are connected to a thriving, gospel-centered church. The Nelsons and their team will start their work this fall by launching a Salt Co. campus ministry at OSU. Let’s pray for both of these new Oregon-based church plant projects. (From website, 1/7/26: evergreen.network/projects/)

[Copies of this Guide are available at <https://thurston.church/resources>]