

# Finding God in the Whisper

How to get quiet strength from God

**Time:**

5-7 minutes

**Focus:**

Peace, Stillness, Strength

## Scriptures

1 Kings 19:11-13

Psalm 46:10

Lamentations 3:26

Isaiah 30:15

Matthew 6:6

James 4:8

## Parking lot

Write down distracting thoughts here:

## Settle in

Take a deep breath. Turn off notifications on your phone. Ask God to help you slow down and hear his voice through the noise.

## Thought starter

When we're tired, afraid, or overwhelmed, we often want God to strengthen us in big, dramatic ways. But the story of Elijah tells us that one of God's most powerful rescue tools is his gentle whisper.

God doesn't whisper to be quiet—he whispers to be close. Through closeness with him, we can develop the strength to endure whatever noise life throws at us.

Here's what we'll learn in this Quick Quiet Time:

- Elijah was a prophet who learned how to get strength in the quiet moments.
- We need to rid ourselves of noisy distractions to hear God's voice.
- We can take active steps to quiet the noise and draw strength from God's voice.



## Main passage: Elijah hearing God in the quiet moments

Read this passage and circle, underline, or highlight any words that stand out to you.

### 1 Kings 19:11-13 NLT

"Go out and stand before me on the mountain," the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. [12] And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper. [13] When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And a voice said, "What are you doing here, Elijah?"

Elijah was exhausted, discouraged, and alone. He expected God to arrive in a dramatic rescue—but instead, God invited him into stillness.

- This moment reminds us that God doesn't always speak in big, dramatic ways—sometimes he speaks in quiet moments.



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Notes:

 **The noise versus the nudge**

Event	Expectation	Reality
The wind	Mighty, rock-shattering power	God was not in the wind.
The earthquake	Strong, ground-breaking force	God was not in the earthquake.
The fire	Blazing, overwhelming spectacle	God was not in the fire.
The whisper	Gentle, almost-silent voice	<b>That's where God was.</b>

 **The takeaway: stop looking for thunder**

- We often expect God to shout over the noise of our lives or show up in dramatic ways.
- But Elijah's story teaches us to listen for the subtle nudge—the whisper.

 **Reflect**

- Hearing a whisper requires closeness and stillness. Is your life too loud and busy to be close to God?

 **Creating space to hear God**

**Psalm 46:10 NIV**

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

**Lamentations 3:26 NIV**

... it is good to wait quietly for the salvation of the LORD.

 **Mic drop moment:** **Waiting quietly is an active choice to trust.**

- When life feels chaotic, don't forget to pause. God may be speaking—not with storms, but with a gentle voice.

 **Reflect**

- What is the noise in my life right now (e.g. busyness, worry, or distractions) that's drowning out God's voice in my life?
- What's one limit I can set today in my life to protect my quiet time with God?
  - For example: Turn off digital noise. Take a break from social media or stop scrolling for a while.

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## Notes:

## ★ Try it!

- **Unplug:** Turning off digital noise creates space for internal listening.
- **Find your quiet spot:** Choose a place and time to be still, meditate, or pray for 15 minutes today.
- **Have focused reading:** Select one verse to read and pray about before your day begins.
- **Take a prayer walk:** Movement helps settle the mind and open the heart.

## 😊 Supportive scriptures for finding strength in stillness

**Isaiah 30:15 NIV**

This is what the Sovereign LORD, the Holy One of Israel, says: “In repentance and rest is your salvation, in quietness and trust is your strength...”

**Matthew 6:6 NIV**

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

**James 4:8 NIV**

Come near to God and he will come near to you...

**Humor break!**

Have you ever played quiet tennis?

It's just like regular tennis but without the racket.

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