



## Discussion Guide

Date: 6/29/2025

Sermon Title: What does God's voice sound like?

Scripture: 1 Kings 19:11-15a

This discussion guide is a layout to be used with a group or class. We have included opening and closing prayers to start and end your group. The guide may be used for personal or family reflection as well.

### OPENING PRAYER

*Loving and ever-present God, as we gather together, we bring our questions, our weariness, and our need for Your voice. Just as You met Elijah in the silence, meet us now in our conversation and reflection. Help us to slow down, to listen deeply, and to trust that You still speak—maybe not in the noise and drama, but in the gentle whisper of grace. Amen.*

### Opening Questions:

Have you ever had a moment when you heard God's voice? How did you know it was God? What happened?

### Digging into the Word:

1. Read 1 Kings 19:11-15 as a group or individually, what words or images stand out to you from this passage? How would you describe Elijah's emotional or spiritual state in this moment?
2. Elijah experienced wind, earthquake, and fire—but God was not in those dramatic displays. Why do you think God chose to speak through "a sound of sheer silence" (v.12)?
3. How do you typically expect God to speak? Has there been a time when you heard or sensed God in a subtle or surprising way?
4. What do you think it means to move from performance to presence in your spiritual life or calling?

### Connecting to the Journey:

1. Elijah was exhausted and overwhelmed. What does his need for rest and retreat tell us about the role of spiritual self-care in transformation?
2. Compare Elijah's call to Paul's call in Acts 9. How does God meet us differently in our journeys?
3. How might this passage challenge our expectations of how we "should" experience God's call or presence?

### Further Study:

1. Read Exodus 3:1-12 on Moses and the burning bush. Why do you think God chose to speak through a burning bush? How does Moses respond to God's call, and how do we relate to that hesitation? What might your "holy ground" moment look like today?

2. Read 1 Samuel 3:1-10, the story of Samuel. What stands out to you about how young Samuel first hears from God? How can we position ourselves to be more attentive and open, like Samuel? Who has helped you discern God's voice in your life?

**Sermon Questions:**

1. How do you differentiate between mental health issues and feeling like you've hit a "spiritual wall?"
2. What does Pastor Allison recommend doing when you're feeling burned out?
3. What does rest look like for you?
4. Do you ever struggle with making or taking time to rest? If so, why do you think that is?
5. Do you know what is "feeding" you?
6. How do you feel about Pastor Allison saying that Christians are not part of a "self-help" group?
7. What does God love to do with us? And why?

**Applying it:**

1. What practices help you create space for stillness and silence in your life?
2. Where might God be inviting you to listen more closely—to move from action to awareness?
3. What keeps you from slowing down, resting, and enjoying the journey so you can hear God? What changes can you make this week to rest, to listen, and to slow down?

**CLOSING PRAYER**

*Holy God, thank You for the reminder that Your voice doesn't always come in the loud and expected places. Help us to create space in our lives to hear You in the quiet and to trust that even in stillness, You are speaking. Give us rest when we are weary, purpose when we are lost, and courage to follow Your gentle whisper. May we journey with You, transformed by Your presence more than our performance. Amen.*

**WAYS TO RESPOND (or challenges for you this week)**

1. What distractions, noise, or expectations might you need to let go of to better hear God? Share this with a trusted person to help you navigate the journey well this week.
2. What one small step could you take this week to be more present to God's voice?