

Seeking His Presence
Grace in Stillness
Sunday, August 17, 2025

1 Kings 19: 9-13 NIV

And the word of the LORD came to him: “What are you doing here, Elijah?”

¹⁰ He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”

¹¹ The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.”

Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. ¹² After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. ¹³ When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

1. Stillness is Kingdom Culture.

2. Stillness Promotes Hearing (and Right Perspective).

3. Persevere in the Discipline of Stillness.

Conclusion: Diligently practicing stillness surrenders our need to control or plan, and rests in the finished work of Christ. Let us learn to value stillness and discover this practice more than anything, manifests God’s Kingdom here on earth.

LIFE GROUP LESSON

Grace in Stillness
Week of August 17th-August 23rd, 2025

Ice Breaker: Do you find it easy to be still? Why or why not?

Read 1 Kings 19.

1. Read 1 Kings 19:1-2. Why was Elijah so upset and afraid?
2. What was Elijah’s emotional state at this time? (v.4)
3. What was his physical state? (v.5)
4. How did God respond to Elijah’s comments? (vs.6-7)
5. How often do you run yourself ragged? What do you gain from it? What is your motivation? Be honest.
6. Read Psalm 127:2. What is our motive when we run nonstop? What does God offer us and why?
7. Read Isaiah 30:15, 40:31. What is different about God’s Kingdom?
8. What did Elijah do after this period of rest and nourishment? (v.8)
9. What did God ask Elijah? What was he drawing out? (v.9)
10. Have you ever felt God ask you, “what are you doing here?”
11. What did Elijah share? What was his perspective? (v.10)
12. As a prophet, how might all Elijah endured limit his perspective?
13. Can you think of times your perspective was limited, turned towards self, and missing what God was doing? *What was the cause?*
14. What did God tell Elijah to do? (v.11)
15. What did God want Elijah to experience and understand? (vs.11-12)
16. What do we so often look for and respond to in life?
17. What did God instruct Elijah to do and why? (vs. 15-17)
18. Do you regularly enter stillness to hear how God will help and guide? Do you follow?
19. What truth did God share that changed Elijah’s perspective? (v.18) What is the significance of this truth? How would this encourage Elijah? How can this encourage us?
20. How important is it for you to enter stillness so you gain right perspective in your situation?
21. Read Psalm 46:10. Is this a suggestion or a command? Why?
22. Read Psalm 131:1-2. What did David learn to practice and what was the result of this practice?

Point to ponder: Being still does not come naturally to many of us, yet it is a highly prized attribute to develop in God’s Kingdom. Purpose to practice stillness and trust God’s grace will meet you in your willingness.