

LIFE Community Sermon Notes



The Sound of Silence

1 Kings 19:11-13

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. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

Then a voice said to him, “What are you doing here, Elijah?”

LIFE Community Sermon Notes

Sunday, Jan 20

Big Idea: When we clear the noise from our lives we can hear the gentle, still voice of God's whisper.

Key Verse:

1 Kings 19:12b

And after the fire, came a gentle whisper

Opening Question: How many sound producing appliances do you switch on in your daily routine?

Questions in **bold** below are suggested focus questions.
Sections in *italics* and/or parenthesis are for the leaders.

Read the passage.

Discussion Questions

1. **Reflect: read through John 15:12-17 and sit in silence reflecting on it for a moment.**
2. **Discuss: "God is not going to clamor for our attention"** *Tom VanAntwerp*
3. Describe some of the residual noise that exists in your life?
4. Describe some of the sound of inner restlessness you experience?
5. **Tom described our inner restlessness as coming from our wounds and our ego, from hurts and from sin. As he confronted this at the retreat the guide challenged him with this question: Do you think you can talk to God about that? Well, do you think you can talk to God about your answers to question 3 and 4?**
6. **Take some time in your group to sit and be still and silent. Allow 5-10 minutes for this time. This will feel very, very long. First read Psalm 46, focusing especially on verse 10. Then sit in silence together and allow people to talk to God.**
7. **Which of the practical suggestions Tom recommended struck you as worth trying in your life?**
8. What sounds will you mute in this coming week?
9. **Close in prayer together and read Psalm 117 as a benediction.**

Leaders Notes

1. *This series is followed up on Sundays with breakout classes. The booklets are called "Making Space for the Shepherd. Booklets from these classes are available online or in the office for the leader. There are some great follow up exercises in the booklet to keep your group on track.*
2. *There is a resource library in 2 Militia with some good resources to use.*
3. *Additional resources on Simplicity, Solitude and Silence:*
 - a) *Invitation to Solitude and Silence—Ruth Haley Barton*
 - b) *Celebration of Discipline—Richard Foster*
 - c) *Simplify—Paul Borthwick*

Retreat Options

- *Steve Macchia's LTi program is one of the retreat and spiritual formation programs that Tom referenced. Their Soulcare retreat is the silent retreat the staff went on. Find out when the next retreat is and consider joining it as an individual or as a group.*
- *Grace Chapel is working on a silent retreat for individuals and groups. Stay posted for when this is available.*