

Week 25: Elijah and the Still Small Voice - Learning to Hear God in the Quiet

A Sabbath Family Bible Study

Introduction

After the fire fell on Mount Carmel, Elijah expected national repentance, but instead, Queen Jezebel vowed to kill him. Exhausted and afraid, he fled into the wilderness, convinced his work had failed. Yet God did not meet him again in fire or earthquake or wind, but in a still small voice. The prophet who once called down fire had to learn to rest in fellowship. This study reminds us that God often reveals Himself not in spectacle but in stillness, and that obedience requires not only boldness but quiet trust.

Scripture Reading: Selected Passages (KJV)

1 Kings 19:1–18 (KJV)

(With commentary throughout)

1 Kings 19:1–8 - Elijah Flees into the Wilderness

1 And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword.

2 Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time.

3 And when he saw that, he arose, and went for his life, and came to Beersheba, which belongeth to Judah, and left his servant there.

4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers.

5 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat.

6 And he looked, and, behold, there was a cake baked on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again.

7 And the angel of the LORD came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee.

8 And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.

Commentary:

Even the strongest servants can despair. Elijah, who had faced hundreds of prophets, now ran from one woman. Weariness distorts perspective. Yet God answered not with rebuke but with provision. Sometimes the most spiritual thing a man can do is rest and eat what God provides before returning to his calling.

1 Kings 19:9–14 - The Still Small Voice

9 And he came thither unto a cave, and lodged there; and, behold, the word of the LORD came to him, and he said unto him, What doest thou here, Elijah?

10 And he said, I have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away.

11 And he said, Go forth, and stand upon the mount before the LORD. And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; but the LORD was not in the wind: and after the wind an earthquake; but the LORD was not in the earthquake:

12 And after the earthquake a fire; but the LORD was not in the fire: and after the fire a still small voice.

13 And it was so, when Elijah heard it, that he wrapped his face in his mantle, and went out, and stood in the entering in of the cave. And, behold, there came a voice unto him, and said, What doest thou here, Elijah?

14 And he said, I have been very jealous for the LORD God of hosts: because the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away.

Commentary:

God met Elijah not with thunder but tenderness. The Almighty who sent fire from heaven now whispered from the quiet. His power is not diminished by gentleness; His authority is not confined to spectacle. When we stop striving, we can finally hear. The voice that shakes nations can also restore weary hearts.

1 Kings 19:15–18 - Recommissioned for Service

15 And the LORD said unto him, Go, return on thy way to the wilderness of Damascus: and when thou comest, anoint Hazael to be king over Syria:

16 And Jehu the son of Nimshi shalt thou anoint to be king over Israel: and Elisha the son of Shaphat of Abel-meholah shalt thou anoint to be prophet in thy room.

17 And it shall come to pass, that him that escapeth the sword of Hazael shall Jehu slay: and him that escapeth from the sword of Jehu shall Elisha slay.

18 Yet I have left me seven thousand in Israel, all the knees which have not bowed unto Baal, and every mouth which hath not kissed him.

Commentary:

Elijah thought he was alone, but God had seven thousand faithful still standing. Isolation was an illusion. The prophet's despair turned to duty; God recommissioned him with new assignments. When God speaks in the stillness, it is not merely to comfort, but to command. Renewal is not retreat but readiness.

 **Discussion Questions for All Ages****Young Children:**

- Why did Elijah run away?
- How did God take care of him in the wilderness?
- What was special about the “still small voice”?

Older Children & Teens:

- Why do you think God chose to speak softly instead of sending more fire?
- How does rest and nourishment prepare us to serve God again?

- Have you ever felt alone in your faith? What truths from this story can help you?

Adults:

- What does this passage teach about discouragement in leadership or family life?
 - How can we train our households to hear God’s voice amid the noise of the world?
 - In what ways is obedience after silence harder than obedience after miracles?
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 **Psalm Reading**

Psalm 46:1–3, 10–11 (KJV)

1 God is our refuge and strength, a very present help in trouble.

2 Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea;

3 Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah.

10 Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

11 The LORD of hosts is with us; the God of Jacob is our refuge. Selah.

Commentary:

God is not found in panic or power struggles but in steadfast presence. The command “Be still” is not passivity, it is faith that waits for the One who never fails.

 **Hymn: “Be Still, My Soul”**

By Katharina von Schlegel (1752), trans. Jane Borthwick (1855)

1.

Be still, my soul! the Lord is on your side;

Bear patiently the cross of grief or pain;

Leave to your God to order and provide;

In ev'ry change he faithful will remain.
Be still, my soul! your best, your heav'nly friend
Thru' thorny ways leads to a joyful end.

2.

Be still, my soul! your God does undertake
To guide the future as he has the past;
Your hope, your confidence, let nothing shake;
all now mysterious shall be bright at last.
Be still, my soul! the waves and winds still know
His voice who ruled them while he lived below.

3.

Be still, my soul! when dearest friends depart
And all is darkened in the vale of tears,
Then shall you better know his love, his heart,
Who comes to soothe your sorrow and your fears.
Be still, my soul! your Jesus can repay
From his own fullness all he takes away.

4.

Be still, my soul! the hour is hast'ning on
When we shall be forever with the Lord,
When disappointment, grief, and fear are gone,
Sorrow forgot, love's purest joys restored.
Be still my soul! when change and tears are past,
All safe and blessed we shall meet at last.



Family Application Points

- 1. Rest Before You Run:** Sometimes God says “sleep and eat” before He says “go.” Learn to receive His care.
- 2. Listen in the Quiet:** Train your home to value stillness and silence before God.
- 3. Reject Isolation:** You are never the only one, God always has a remnant.
- 4. Renew Obedience:** When God speaks, rise and act. Comfort is never the final goal; commission is.
- 5. Teach Trust:** Remind your family that God’s whisper is mightier than man’s shout.

A Sabbath Feast Prayer

Father of Mercy, thank You for the quiet that heals. As we share this Sabbath meal, teach our hearts to be still before You. Silence our fears and restore our strength. Let Your peace rule our table and Your presence fill our home. In Jesus' name, Amen.

Closing Prayer

Lord, help us to hear Your still small voice above the noise of this world. When we grow tired, feed us. When we run, call us back. When we despair, remind us that You are near. Give us ears to listen, hearts to obey, and faith to go where You send us. In Jesus' name we pray. Amen.