



He said, “Go out and stand on the mountain before the Lord, for the Lord is about to pass by.” Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces 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, and after the earthquake a fire, but the Lord was not in the fire, and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, “What are you doing here, Elijah?”

-1 Kings 19:11–13

DEVOTIONAL

Elijah expects God in the big stuff. Wind that breaks rocks. Earthquake. Fire. The dramatic, the obvious. But God is not in any of that. God comes in a *sound of sheer silence*, quiet enough that Elijah has to learn to pay attention differently.

I wonder which voices I have trained myself to trust: the loud ones, the urgent ones, the outraged ones, or the flattering ones. Not all of them are telling the truth. Some are just old survival habits wearing new clothes.

Discernment is not paranoia. It is love with a backbone. It is learning to tell the difference between conviction and accusation, between wisdom and panic, between God's invitation and my own compulsions.

God's voice will not always be the easiest to hear, especially in a world that profits from our distraction. But God does not need to shout to be present. Sometimes the most holy thing we can do is turn down the noise long enough to notice what is gentle, what is steady, what keeps leading us toward love.

SPIRITUAL PRACTICE

Today, intentionally turn off one source of noise—the television running in the background, the radio in the car, or the habit of reaching for your phone. In that quieter space, sit still for a few minutes and simply listen.

CLOSING PRAYER

God who speaks in quiet, tune my heart. Help me recognize Your voice, the one that calls me toward love and steadiness. Guard my words and shape my desires. Amen.



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