



Lesson #4-9

GOD VISITS ELIJAH

1 Kings 19:1-18

**Key Verse:**

But the Lord was not in the fire; and after the fire a sound of sheer silence.
1 Kings 19:12

The Point:

God sometimes chooses to come in quiet ways.

Unit Theme (October 17—November 7)

Called by God

THE SILENT GAME

Listen in silence for a call.

Supplies:

- † Chime, bell, or singing bowl
- † Real or battery-operated candles

Preparation:

1. Place a small table in the center of the room with real or battery-operated candles.

Instructions:

1. Invite family members to enter the space in silence and sit or stand in a circle.
2. **Thank you for entering this space in silence. I know that silence can be a hard thing. We will be practicing silence. If you find it makes you**

uncomfortable, pause and try to be mindful of your discomfort and what it might be communicating to you.

3. **I will ring a chime to begin a silent meditation. As you sit in silence, you may close your eyes or focus on the candlelight. Slow and deepen your breathing** as you work to still your mind and body.
4. Ring the chime once more, and wait for the sound to end before speaking. Reflect together on the experience of silence and stillness.
 - **What was it like to sit in silence?**
 - **Was it easy or difficult for you?**
 - **Were you able to still your mind and body? Why or why not?**