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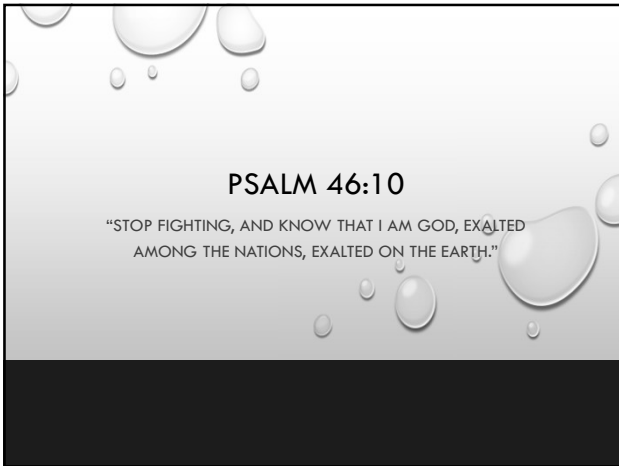
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**1 KINGS 19:11-13**

11. THEN HE SAID, "GO OUT AND STAND ON THE MOUNTAIN IN THE LORD'S PRESENCE." AT THAT MOMENT, THE LORD PASSED BY. A GREAT AND MIGHTY WIND WAS TEARING AT THE MOUNTAINS AND WAS SHATTERING CLIFFS 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 THERE WAS A FIRE, BUT THE LORD WAS NOT IN THE FIRE. AND AFTER THE FIRE THERE WAS A VOICE, A SOFT WHISPER.
13. WHEN ELIJAH HEARD IT, HE WRAPPED HIS FACE IN HIS MANTLE AND WENT OUT AND STOOD AT THE ENTRANCE OF THE CAVE.

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**WHY SILENCE, STILLNESS, AND LISTENING ARE SO HARD**

Silence is hard because it feels unproductive.

Stillness is hard because it makes our anxiety loud.

Listening is hard because we're used to prayer being a monologue.

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