THIS WEEK'S "AT HOME" DEVOTIONAL

The Sacred Pause: 1 Kings 19:1–13

GATHERING - Light a candle, take a slow breath, and sit quietly for one minute. Remember that God is already present.

PRAYER OF THE WEEK - *God of stillness and grace, quiet the noise within us. When we are weary or overwhelmed, help us stop long enough to receive your care. Teach us to notice your presence in silence, rest, and ordinary moments. Remind us that we are held by you before we accomplish anything at all. Amen.*

CARING CONVERSATION - Take a few moments to check in with one another. Share your highs & lows.

- What is one thing that brought you joy this week?
- When did you feel tired, hurried, or overwhelmed this week?

THINKING ABOUT THE UPCOMING WEEK'S SCRIPTURE - Elijah is exhausted, afraid, and ready to give up. God provides food, rest, and quiet before offering another assignment. On the mountain, Elijah discovers God's presence in the sound of sheer silence.

- Why do you think God allowed Elijah to rest before speaking to him?
- What makes it difficult for you to slow down?
- Where have you noticed God in a quiet or ordinary moment?
- What might you need to release to receive God's peace?

DAILY BIBLE READINGS - As you read this week, ask: How does God meet us when we pause and become present?

DAY	READING	THEME
Sun	Romans 12:1–8	*Offer Your Whole Life*
Mon	Exodus 33:12–23	*Rest in God's Presence*
Tues	Psalm 46	*Be Still and Know*
Wed	1 Kings 19:1–8	*Rest Before the Journey*
Thur	1 Kings 19:9–13	*God in the Quiet*
Fri	Mark 6:30–32	*Come Away and Rest*
Sat	Matthew 11:28–30	*Rest for Your Souls*
Sun	1 Kings 19:1–13	*The Sacred Pause*

DEVOTIONAL - Elijah has experienced a dramatic victory, yet he quickly becomes afraid and exhausted. God does not shame him or demand more. God lets him sleep and provides something to eat.

Before Elijah receives direction, he receives grace. God meets him as a weary person, not as a problem to fix or a worker who needs another task.

On the mountain, wind, earthquake, and fire pass by, but God's voice comes in sheer silence. The quiet is not empty; it becomes a sacred pause in which Elijah recognizes that God is near. Jesus also invites his disciples to come away and rest.

Stillness does not erase every problem or answer every question. It gives us room to breathe, receive grace, and remember that we are held by God. Sometimes the most faithful thing we can do is stop and notice the presence already surrounding us.

PRAY TOGETHER - Invite each person to name one burden they want to place in God's care. Sit quietly together for a moment, then pray:

Present God, meet us in our weariness and quiet our anxious hearts. Help us release the pressure to solve and carry everything. Give us courage to rest, patience to listen, and grace to recognize that you are near. Hold us in your love and renew us. Amen.

MEALTIME PRAYER - *God of rest and renewal, thank you for this meal and the gift of this moment together. Slow us down, make us present, and help us receive your grace with grateful hearts. Amen.*

SERVICE CHALLENGE - This is one way we share God's peace with the world. Choose ten minutes each day to be still. Turn off distractions, breathe slowly, and notice God's presence. Then give someone unhurried attention by listening without interrupting or rushing.

CLOSING & BLESSING

Extinguish your candle as a reminder that God remains present in both activity and rest.

With permission, make the sign of the cross on one another's hands or foreheads and say: **"Be still. Receive God's grace. And remember that you are held in God's love."**