

September 28, 2025
Overlooking Christ in Prayer
1 Kings 19:3-16, 19-21

Group Study Questions

1. What fears drive you, and how do they shape your prayers or decisions?
2. Where have you noticed fear being used in our culture (advertising, politics, media), and how does it influence us spiritually?
3. Why do you think God asks questions like “Why are you here?” or “Where are you?” that God already knows the answers to?
4. Have you ever practiced centering prayer or another form of contemplative prayer?
5. How does silence prepare us for faithful action?

Good Faith Bible Study

Craig Nash

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Overlooking Christ in Prayer (Written by Jason Edward)

<https://goodfaithmedia.org/bible-studies>

Welcome to this week’s Good Faith Bible Study podcast. I’m Craig Nash, Good Faith Media’s senior editor.

For the final week of each quarterly issue of Good Faith Magazine, we ask a guest to provide the weekly Bible Study. This week’s writer is the Rev. Jason Edwards, pastor of 2nd Baptist Church in Liberty, Missouri. The focal passage is 1 Kings 19:3-16 and 19-21.

As I read the passage, one I, maybe like you, have read or heard hundreds of times in my life, two things stood out to me: Where it begins, and where it ends.

The story of Elijah finding God in the silence begins with the prophet fleeing from Jezebel, who has vowed to kill him. This story begins...with fear.

I wonder how many of our own stories begin this way? Fear is a driving motivation for humans. Now, in fairness to fear, it has led to our survival as a species. One of the reasons we are still here as a species is because those ancient humans who had a penchant for looking over their backs for predators passed down that sense of fear to their offspring, and those who didn’t, well, didn’t.

As a somewhat unrelated side note, I’m reminded of how much marketing is based on fear. One

interesting practice for you or your small group to do would be to make a physical or mental note every time you see an advertisement or a news story or a random message floating around that has fear as its core message.

In his study of the passage, Jason noted that the question God asked Elijah in vs. 9, after Elijah had run further from God and into a cave, “What are you doing here Elijah,” had echoes of the same question God asked Adam in the garden when Adam ran from God. That question was “Where are you?”

This offers us a practice in our reading of scripture that may be helpful for your individual or group study: Notice when a story begins in fear, leads to a character running, and God reaching out with a question.

These questions are gentle encouragements for us to slow down, take stock of the situation, and listen for God.

The heart of this passage is in the famous progression of events: There was wind, God wasn’t in the wind. There was an earthquake, God wasn’t in the earthquake. There was silence, and that’s where God was.

Jason introduces the spiritual practice of centering prayer, which seems almost designed to be a practice that emulates this story in 1 Kings, and recognizes that, while we may not be literally running for our lives, (although there are many among us who are), our attempts to hear God in the chaos and noise are so often futile.

Contemplative prayer is called a spiritual practice, because it takes...practice.

The story that began in fear, ended in purpose—with Elijah finding his successor. But it is altogether possible that Elijah would have been running further into the wilderness had he not stopped, listened, and heard the voice of God in the silence.

Ask the people in your small group if any of them have practiced centering prayer or something like it. If they have, have them share their journey. If they haven’t, but have heard of it, ask them why they haven’t practiced it yet, and if they would consider trying it in the coming week.

Lastly, you should have already received your copies of the October-December issue of Good Faith Magazine. Hopefully, you’ve noticed the article where I write about the changes coming to Good Faith Bible Studies in 2026. We are so thankful for the Maxwells and their leadership in writing our curriculum this year. They’ve brought a warmth and theological depth to the task and

have meant so much to so many. They have been a vital bridge for us to the future, and we cannot thank them enough.

After the October-December 2025 issue, we will be moving to a model that utilizes a team of writers. You'll see the scope and sequence for 2026 in the magazine, which includes the writers for the first quarter. In addition, this podcast will be revamped with a more conversational format. Be on the lookout in the coming weeks at GoodFaithMedia.org for news related to this.

The Maxells will return next week with a new installment of the Good Faith Magazine Podcast. Until then, I hope you can find space for stillness and silence to hear the voice of God in your lives.