

**PART 4: Calibrate**

**DATE: 10-16-2022**

## START

A good night's rest or a short nap is a beautiful thing. It allows us to rest, rejuvenate, and prepares our bodies and minds to face the next day. Sleep can also be an indicator that we are depressed and anxious. It can be a form of escape from the responsibilities we have or life itself.

- What does a good night's sleep look like for you?
- Have you ever used sleep to escape?
- How can sleep be an indicator that you need to recalibrate?

## READ

[1 Kings 19:5-6](#) (NIV)

"Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again."

## THINK

God created space for Elijah to wander and to wonder about what God was doing in and through his life. He wandered for 40 days and 40 nights until he came to Mount Horeb where he encountered God. Throughout Elijah's journey we see that God is always present with him. In God's presence God forces Elijah to encounter reality by asking, "What are you doing here?"

- How can you continually be reminded that God is present with us?
- When has God forced you to face reality?
- What rhythms can you initiate in your life to recognize God's presence?

God doesn't always reveal himself in the miraculous. God is also revealed in his whisper. So often we can overlook God's whisper because we are too busy looking for him in the miraculous. God continues to quietly wait until we quiet ourselves.

- When have you missed God's whisper in your life?
- What do you need to do to quiet your life to hear from God?
- How does listening to God help us calibrate our perspective, reality, and faith?

## PRAY

"God, help me quiet myself and my life to hear you when you whisper. Help me to face reality, knowing you are present with me, and to calibrate my life around you."

## ACT

This week, take some time to be quiet. Maybe it is early in the morning before anyone else is awake, on a lunch break, or before you go to bed. Center yourself in God's presence and take time to listen.

[Discover Hope](#) | [Next Step](#) | [Top 3](#)