

Gospel Lighthouse Church
3/1/26

God's Voice Series 6
Voice Tone Reveals Vision

Text: I Kings 19 (especially 19:11-13); John 10:3 and 27.

- "...and after the fire a still small **voice**."—I Kings 19:12 (emphasis added).
- "My sheep hear My voice, and I know them, and they follow Me."—John 10:27.
- "So he departed from there..."—I Ki. 19:19a.

Introduction: The two previous messages emphasized in Elijah's story and in Jesus' words in John 10, that God's voice is not distant or hidden, but recognizable, even in a whisper. Jesus does not give a formula for hearing Him; He points to relationship and revelation. "My sheep **hear** My **voice**... I know them, and they **follow** Me."

- Psalms 139:14 states: "...for I am fearfully *and* wonderfully made..." Wonderfully: *beyond comprehension, astonishing, miraculous= no human being fully understand= awe*. Only God fully understand and perfectly knows how to communicate (voice) to our complex makeup.

Scientifically:

- A. The voice you listen to shapes your nervous system.
 1. Humans are extremely sensitive to **tone**—even more than words.
 - a. Accusing inner voices mimic stress physiology: keeps the brain in survival mode.
 - b. Still small voice represents: regulation, clarity, steadiness, direction without panic.
 2. Science confirms: Calm tone produces cognitive clarity. Harsh tone produces cognitive narrowing.
 - a. Elijah was fearful and confused listening to Jezebel's voice (I Ki.19:2-4ff).
 - b. Elijah began to gain stability listening to God's voice— (I Ki.19:12ff).
- B. The voice tone—whisper/soft tone activate safety circuits.
 1. Gentle vocal tones: signal safety, activate social bonding circuits/relationship, reduce amygdala (fear center) and lower stress hormones.
 - a. A harsh or accusing tone does the opposite: Triggers threat detection, raises vigilance, narrows thinking, reinforce shame.
 - b. Scientifically, tone changes brain chemistry.
 - The amygdala is an almond-shaped structure deep in the brain's temporal lobe that processes emotions, especially fear and threat detection.
- C. The voice tone scientifically and spiritually reveals God's vision/intent.
 1. God's tone revealed His intent—I Ki.19:12ff.
 - a. Harsh tone usually implies: control, threat and rejection.
 - b. Gentle tone usually implies: safety, invitation and future beyond despair.
 2. **After God's whisper Elijah receives direction, purpose, community (Elisha) and future.**
 - a. Scientifically speaking: A voice that stabilizes you is a voice invested in your survival and growth.
 - b. God restored him through process, not instant fix.

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