

Questions

FOR REFLECTION

Arise and Eat **1 Kings 19:1-18**

07.19.20

1. Reread the story of Elijah in 1 Kings 19:1-8. Elijah has just come off of this miraculous display of God's power (1 Kings 18:20-40) but now he's on the run from Jezebel, he is exhausted and he finds himself in a dark place. Pastor Ronn mentioned three causes of this spiritual depression Elijah finds himself in - what were they? Have you ever found yourself suffering from this kind of spiritual depression? Were any of these reasons responsible in your situation?
2. How does God respond to Elijah?
3. Pastor Ronn encouraged us to remember the highlights, the "rocks", the times that God has already come through for us. What are some of those moments in your own life?
4. Reread 1 Kings 19:9-18. God reveals himself to Elijah but not in the way Elijah may have expected. Think back to the times God has worked in your life or in the lives of those you know - did God reveal himself in unexpected ways? Do you think you may have ever missed what God was showing you because it didn't look the way you thought it would? Can you now see ways that God revealed himself in the past that you may have missed at the time?
5. Do you ever struggle with believing that God is with you - that you are not alone? How can what we learned in today's message help us remember the truth that God is truly with us?

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