

### Tips and Tricks:

The sermon notes are designed to be used as a guide for discussion. Don't feel like you have to use every question. Some questions will take a while to work through and others will be over in a few seconds.

1. Don't teach the lesson. The sermon was just preached. Just ask the questions and let everyone else talk.
2. Let other people ask questions. It's OK to go "off topic" for a while. Sometimes those conversations are more interesting anyway!
3. Have fun. Don't forget to laugh and crack up. Relationships, not curriculum, are the heartbeat of our ministry. Remember: We have to build a relational bridge strong enough to hold the truth!

### Agenda for Group Time

1. Ice Breaker - Lighthearted ice breaker question (10 minutes)
2. Discussion - Bible study, sharing and application. (25 Minutes)
3. Prayer - Pray together (5 minutes)
4. Planning - Remember to talk about what's coming up.

### Icebreaker

Question: If you were stranded on an island and you could only have one thing from home, what would you take and why (can't be a person)?

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When I get sad I usually:

- Eat out
- Eat in
- Go shopping
- Watch TV...but I do that when I am happy too.
- Other: \_\_\_\_\_

Read 1 Kings 19:8-18

### Not Seeing Clearly

Elijah shows up to Horeb and it appears that he is still feeling a little down.

Question: What evidence can we see in the text that Elijah is feeling down at this point in the narrative?

- He thinks he's the only one that follows God.
- He is complaining about others.
- He's repeating himself.
- He is hanging out in a cave all alone.
- Other: \_\_\_\_\_

Question: Why do we tend to look for quick fixes when we are feeling down or depressed?

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Question: What did Elijah need the most?

- Physical replenishment
- Some peace and quiet
- A Spiritual retreat
- An attitude adjustment
- fellowship with other believers
- To hear from God
- Other: \_\_\_\_\_

Question: What do think God was saying through the wind, earthquake and whisper?

- "I am in control"
- "Stop whining"
- "Don't expect me to be dramatic all the time"
- "You are not alone"
- Other: \_\_\_\_\_

Digging Deeper

Look over at Exodus 32-33

How is this passage similar to 1 Kings 19?

What do you think was Elijah's motivation for going to Mt. Horeb?

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Elijah wasn't seeing clearly. He thought that he was the only faithful believer left.

"Depression is like a vampire that feeds on the lies of all the half-truths that we preach to ourselves each and every day." -Philip Ryken

For Discussion: If you are able, share a time in your life when anxiety or depression caused you to not see things clearly.

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## Hearing Truth

Question: What was God saying to Elijah in verses 15-18?

- "Your ministry is not over"
- "Trust Me"
- "Stop having a pity party"
- "You are not alone"
- Other: \_\_\_\_\_

Question: Who do you talk to when you are struggling?

- My friends
- My spouse
- My Small Group
- I don't know
- Other: \_\_\_\_\_

*Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.*

-1Kings 19:18

This verse shows us that grace will always have a remnant. God will always have a people because God will always remain faithful.

Question: How does God's faithfulness help you when you are feeling down? How does his faithfulness assure you when you are in a tough situation?

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Question: What can you do this week to grow your faith?

- I need to get to know God better by reading the Bible.
- I can walk in obedience.
- I need to figure out what faith in God actually means.
- I don't know...maybe you guys can pray for me.
- Other: \_\_\_\_\_

## Work It Out!

One thing I'll do differently because of this sermon:

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