



“From Top to Bottom”

1 Kings 19:1-9

Sunday, October 1 2017

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions, and scriptures are designed to help you take the next step. If you're leading a group through this guide, don't feel like

you have to answer every question. Pick out those questions that will stir up conversation and action among your group. ~ Pastor Matt

KEY THOUGHT

Without a pause we go from the top to the bottom—“from the thrill of victory to the agony of defeat.” This is the story of Elijah's personal breakdown, his battle with depression.

OPEN

- Describe one of the loneliest moments of your life. How did you make it through such a difficult time?
- What's one idea from the message that really stood out to you? Why did this idea grab your attention? (Read 1 Kings 19:1-9)

DISCUSSION

- Do you think Elijah was justified in being discouraged by his circumstances?
- Read 1 Kings 19:1-3 How does fear sometimes create depression? What types of fears have a grip on your life?
- Immediately following a great victory, Elijah became depressed. 1 Kings 19:3-5 illustrates four common contributors to depression: Elijah wore himself out, shut people out, focused on the negative and forgot the faithfulness of God. Of these four, which one is your most common challenge in your own life?
- One of the most common factors that leads to depression is wearing ourselves out. In what areas of your life are you exhausted? What are some things you can do starting today to help relieve that exhaustion?
- What are some ways that you can remind yourself that God is in control when you are in the middle of difficult circumstances?

“Never make a major decision out of a negative emotion. If you do, chances are it will be a bad decision that you will later regret.” - Pastor Bill (Respond to this statement)

Though he ran as far and as fast as he could, Elijah could not outrun the Lord. God has more work for him to do so Elijah can't stay in the cave forever. Though he made many mistakes, he is still God's man. – Pastor Bill

NEXT STEPS

- This week we saw how God brought Elijah out of a time of depression. It's likely we all know someone that is currently struggling with a difficult situation or may be battling depression. This person could be someone in your own group or just an acquaintance. Take what you have learned and put it into action by doing something this week to help that person through their difficult time. One idea is to

use God's example of telling Elijah to rest by doing something for that person that would allow them some rest. You might also consider carrying out this task with your entire group. Here are some ideas you might want to consider in carrying out your task:

- Prepare some meals and take them to their house.
- Offer to help with housework, run errands or help with yard work.
- Help meet a financial need that person may have.
- Take that person out to dinner and a movie. Give them an evening of fun and fellowship.
- Help babysit their children to allow that person some time to rest.
- Send that person some letters, cards or emails from the members of your group letting them know you are thinking of them and praying for them.