



“When the Fun’s Done”

1 Kings 19:4-18

Sunday, October 8, 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

1 Kings 19 not only tells us about Elijah's descent into depression, it also describes how God met him at his lowest point.

OPEN

- Option 1: Do you enjoy camping and being out in the wilderness? If so, share your funniest camping story. If not, why?
- Option 2: If you were stranded in the wilderness, what would you want in your survival kit?
- What's one idea from the message that really stood out to you? Why did this idea grab your attention? (Read 1 Kings 19:4-18)

DISCUSSION

- **Number one:** He needed rest and refreshment. (Vs. 5-8)
- How rested are you? Do you feel refreshed?
- **Number Two:** He Has to Face His Fears. (vs. 9-10)

Self-pity is the enemy of all spiritual growth. As long as you feel sorry for yourself, you'll make a thousand excuses for not facing your real problems and you'll never get better. – Pastor Bill

- Have you struggled with self- pity?
- **Number Three:** He Needed a New Vision of God (vs. 11-13)
- Elijah didn't experience God through his power, the earthquake, wind or fire, but he experienced God's presence through a gentle whisper. When was the last time you experienced God's presence in your life? Describe that time and how you felt closer to God. Pastor Bill mentioned a very practical idea, “Each day look intentionally for God sightings.”

Our problem is we want to see the earthquake; we want to see the fire all the time; we want to feel the wind. We want the big demonstration. We want the spectacular answer to prayer. God says, “That's not always where you're going to see Me. You need to intentionally listen for the gentle whisper.” God always speaks loud enough for the willing ear to hear. – Pastor Bill

- **Number Four:** He Needed a New Mission. (vs. 15-18)
What might be the mission God is calling you to?
 - Commit to memory Romans 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose

NEXT STEPS

- How can your small group help, encourage, pray for or keep you accountable you this week?
- Who is someone in your life who may be going through a spiritual depression? How can you help him or her this week?
- What is God teaching you this week about the way you respond to times of spiritual or emotional drought?