

Key Scriptures

*"Look! The virgin will conceive a child! She will give birth to a son, and they will call him Immanuel, which means 'God is with us.'"*

*Matthew 1:23*

*Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. "Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said.*

*"Take my life, for I am no better than my ancestors who have already died."* 1 Kings 19:3-4

*Then the angel of the Lord came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you." <sup>8</sup>So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God.* 1 Kings 19:7-8

*"Go out and stand before me on the mountain," the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. <sup>12</sup>And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper.* 1 Kings 19:11-12

*The Lord is close to the brokenhearted; He rescues those whose spirits are crushed.* Psalm 34:18

**Start talking. Find a conversation starter for your group.**

- Have you ever spent time in a national park or other wilderness area? Where? What did you like about it?
- Have you ever experienced a wilderness season where you just wanted to give up? How did you get through that season, and what lessons did you learn about God from it?

**Start thinking. Ask a question to get your group thinking.**

- Read the story of Elijah in 1 Kings 19:3-12. What do you think God is trying to communicate to Elijah? To us?
- Pastor Lane mentioned a conversation he read about where Dr. Henry Cloud told a bunch of leaders, they were not just tired, they were spiritually depleted. What's the difference? How do we know which one we are?

**Start sharing. Choose a question to create openness.**

- In the message Pastor Lane said, "Your deepest need becomes a gift when it drives you to depend on God." Have you experienced this gift? Can you share your story?
- What are some ways you've encountered God's presence in the past? What can you do to discover God's provision and rest during this time in your life?
- How did God communicate to Elijah? How about you? How can you adjust your life to hear God in the whisper?

**Start praying. Be bold and pray with power.**

God, we get to know You. Thank You for that. Thank You for speaking to us in Your still, small, voice. Teach us to find rest and provision in Your presence. Teach us to hear Your voice. Thank You for coming near to us as we draw near to You. Amen!

**Start doing. Commit to a step and live it out this week.**

- Practice waiting on God this week. Each day, ask Him to turn your needs into the gift of depending on Him.
- Begin to praise and worship God no matter what valley you are in or what mountain you are on. Our God is good and worthy of our worship all the time!