

Falling to the Depths of Despair

1 Kings 19:1-8



How did Elijah get here?

Elijah took his eyes off God and put them on his circumstances. (v. 1-2)

Elijah listened to the wrong voice. (v. 2)

Elijah quickly forgot what God had done. (v. 2-3)

Elijah allowed disappointment to become his truth. (v. 2-3)

Elijah was worn out physically, mentally, emotionally, and spiritually. (v. 3-4)

Elijah isolated himself from all support. (v. 3)

Elijah reached the point where he only wanted to die. (v. 4)

Elijah's despair became full-blown depression that stopped him in his tracks. (v. 4-5)

Elijah found that the Lord still loved him. (v. 5-8)

What does the Bible teach us?

God is with us when we are in the dark valley.

God is gentle with us in our despair.

God reminds us of his love and presence in those dark moments of the soul.

God reaches out to rescue us from the pit of despair.

God provides hope and purpose when we have no joy.

How should I respond?

Keep your eyes on Jesus, listen to his truths, and remember what he has done.

Unplug and take a break.

Open your heart to Jesus and allow him to love you.

Let God rescue you from the hopelessness.

Take up God's purpose for your life.

Find joy in his love for you.

From Despair To Hope

The Story of Elijah



LIFEGroups@BBC

Falling to the Depths of Despair Group Discussion

1. What does the passage say?

What is the writer ultimately trying to communicate to his readers? What issue is the writer addressing?

2. What did this passage mean to its original audience?

How would a 1st Century Christ-follower receive this message?

3. What does this passage tell us about God?

Explain what you understand about God from the text. Is that a new idea or truth for you?

4. What does this passage tell us about man?

In your own words share what this passage encourages us to do to follow Jesus more fully and faithfully?

5. What does this passage demand of me?

Personally speaking, what areas of living in relationship with Jesus do you need to address? How should you live in light of what this passage says?

6. How does this passage change the way I relate to people?

What does this passage communicate about the need for grace and humility in community with others? Whom should I invite to seek Jesus?

7. What does this passage prompt me to pray to God?

Are you in need of forgiveness or repentance?

Do you need to intercede for others?

Do you need an "extra measure" of faith to follow Jesus or engage the community and world?

1 Kings 19:1-11

Ahab told Jezebel everything that Elijah had done and how he had killed all the prophets with the sword. 2 So Jezebel sent a messenger to Elijah, saying, "May the gods punish me and do so severely if I don't make your life like the life of one of them by this time tomorrow!"

3 Then Elijah became afraid and immediately ran for his life. When he came to Beer-sheba that belonged to Judah, he left his servant there, 4 but he went on a day's journey into the wilderness. He sat down under a broom tree and prayed that he might die. He said, "I have had enough! Lord, take my life, for I'm no better than my ancestors." 5 Then he lay down and slept under the broom tree.

Suddenly, an angel touched him. The angel told him, "Get up and eat." 6 Then he looked, and there at his head was a loaf of bread baked over hot stones, and a jug of water. So he ate and drank and lay down again. 7 Then the angel of the Lord returned for a second time and touched him. He said, "Get up and eat, or the journey will be too much for you." 8 So he got up, ate, and drank. Then on the strength from that food, he walked forty days and forty nights to Horeb, the mountain of God. 9 He entered a cave there and spent the night.

Suddenly, the word of the Lord came to him, and he said to him, "What are you doing here, Elijah?"

10 He replied, "I have been very zealous for the Lord God of Armies, but the Israelites have abandoned your covenant, torn down your altars, and killed your prophets with the sword. I alone am left, and they are looking for me to take my life."

11 Then he said, "Go out and stand on the mountain in the Lord's presence."