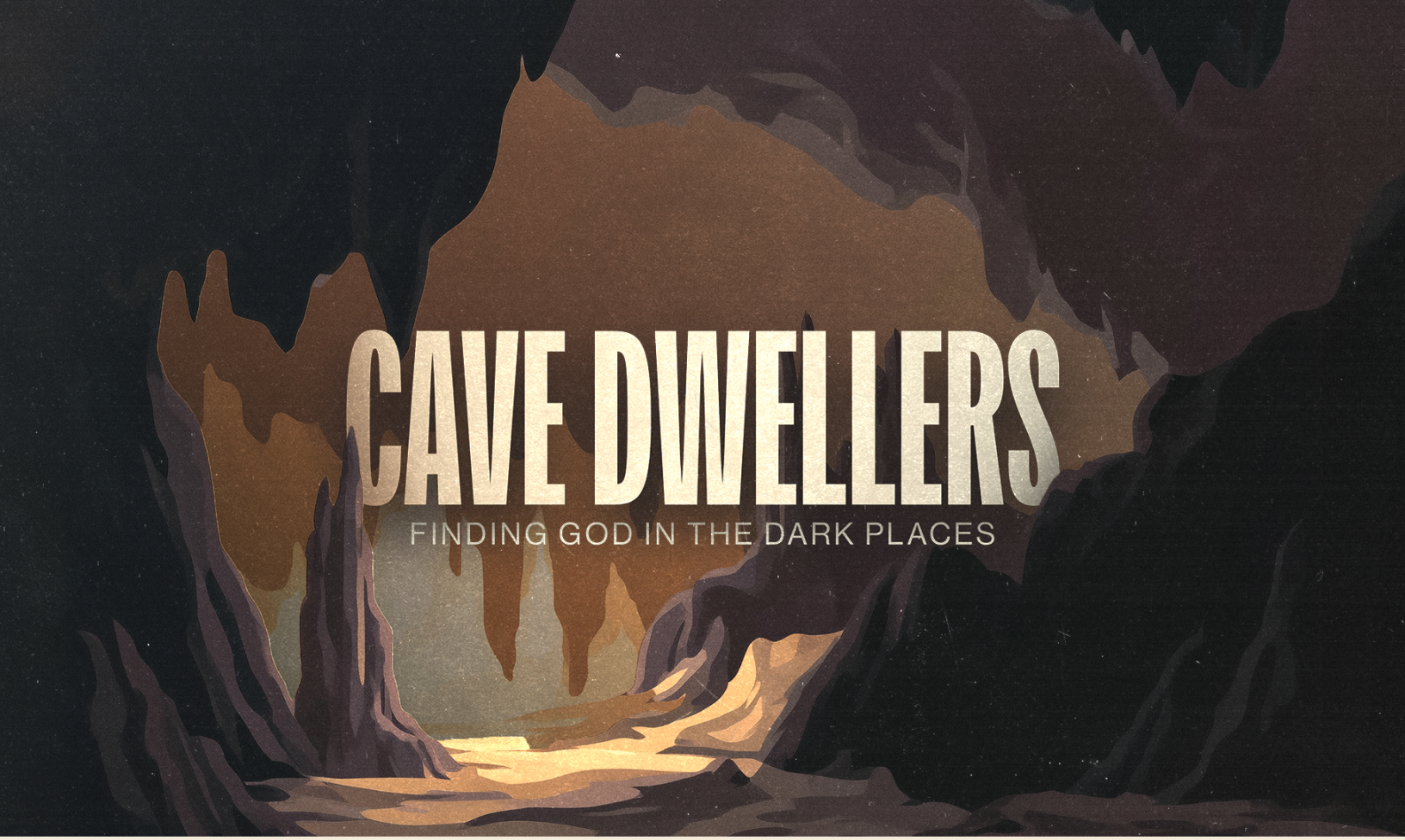


WEEK FOUR · PASTOR JAY

Out of the Cave

1 Kings 19:9–15

5-DAY DEVOTIONAL · SMALL GROUP GUIDE

5-DAY DEVOTIONAL

When God Calls You Out

DAY 1 You Were Never Meant for the Dark

READING · PSALM 139:7–12

Fear has a way of leading us somewhere we were never designed to stay. Like eyes adjusting to a dark room, we can grow so accustomed to living in spiritual darkness that the light eventually becomes the uncomfortable thing. But comfort in darkness is not the same as belonging there. God did not design you for a cave. He designed you for His presence, which is full of light. Today, ask yourself honestly: have you grown comfortable somewhere God never intended you to remain? His presence reaches every dark place. You do not have to stay.

REFLECTION

What area of your life have you grown so used to that you have stopped expecting God to change it?

TRY THIS WEEK

Identify one dark pattern, habit, or mindset you have normalized. Write it down and bring it before God in prayer today, asking Him to reintroduce His light into that space.

DAY 2 God Meets You in the Mess

READING · 1 KINGS 19:1–8

It is remarkable that after one of the greatest miracles recorded in Scripture, Elijah was found under a tree asking to die. Fear and exhaustion do not check your spiritual résumé before they arrive. What is even more remarkable is God's response. He did not lecture Elijah. He did not remind him of what he had just accomplished on Mount Carmel. He fed him, let him rest, and fed him again. God's first response to Elijah's breaking point was care, not correction. You are more valuable to God than what you produce for Him. He will meet you in your mess, every single time.

REFLECTION

Have you been waiting to get yourself together before approaching God? What would it look like to come to Him exactly as you are today?

TRY THIS WEEK

Set aside ten minutes today not to ask God for anything, but simply to receive His care. Sit quietly, acknowledge your weariness, and let Him minister to you before you minister to anyone else.

DAY 3 When God Speaks in a Whisper

READING · 1 KINGS 19:9–13

We are drawn to the dramatic. We pray for signs, wait for breakthroughs, and sometimes measure God's activity by how loud or obvious it is. But Elijah had already seen fire fall from heaven. What drew him out of the cave was not another spectacle. It was a whisper. God is still whispering today. He speaks through His Word, through moments of stillness, through a quiet reminder of a promise He has already made. The absence of a dramatic moment does not mean the absence of God. The signal is still broadcasting. The question is whether we are positioned to receive it.

REFLECTION

When was the last time you were genuinely quiet before God, not asking for anything, not filling the silence, just listening?

TRY THIS WEEK

Choose one passage of Scripture today and read it slowly, twice. After the second reading, sit in silence for five minutes. Do not fill the time with requests. Simply listen and notice what surfaces.

DAY 4 God Restores Before He Reassigns

READING · ISAIAH 40:28–31

Before God gave Elijah a new assignment, He addressed Elijah's immediate need. Rest. Food. Presence. God is not primarily interested in your output. He is interested in you. A good leader does not push an exhausted soldier back into battle without first ensuring they are cared for. God operates the same way. The restoration He brings is not a pause before the real work begins. It is the work. He heals you not so you can prove your worth, but because you are

already His. When you are restored, the assignment will come. But you cannot pour from empty. Let Him fill you first.

REFLECTION

Are you currently running on empty and still trying to perform? What would genuine rest in God actually look like in your current season?

TRY THIS WEEK

Identify one commitment, responsibility, or expectation you have been carrying in your own strength. Surrender it to God in prayer today and ask Him to show you whether it is His assignment or your own pressure.

DAY 5 God Calls You Out

READING · ISAIAH 43:1–3

God never promised a life without caves. He promised to be present in them and to lead you through them. Notice that in Isaiah 43, the waters do not disappear and the fire does not vanish. What changes is that you do not go through them alone. Elijah entered his cave broken, isolated, and convinced his story was over. God met him there, restored him, and then said go. The cave was never the ending. It was a passageway. The same is true for you. You do not need to see the entire road ahead. You only need enough faith to take the next step. He has called you by name. You are His. Go.

REFLECTION

What next step has God been asking you to take that fear or exhaustion has kept you from taking?

TRY THIS WEEK

Write down one specific step of faith you have been avoiding. Share it with a trusted friend or mentor this week and ask them to pray with you and hold you accountable to taking it.

SMALL GROUP GUIDE

Out of the Cave

OPENING PRAYER & ICE BREAKER

> *Open your time together in prayer, thanking God that He meets us in the cave and does not leave us there, and asking Him to give courage for the step out.*

Ice Breaker: Have you ever been in a cave-like season, a time defined by fear, isolation, exhaustion, or hopelessness? Without sharing more than you are comfortable with, what did that season feel like?

SERMON OVERVIEW

In this final message of the series, Pastor Jay walked through Elijah in 1 Kings 19: how God meets us in our lowest moments, speaks to us even in silence, and ultimately calls us out of our caves into new purpose. The central truth: you were never meant to live in the dark. The cave may be real, but it was never meant to be your permanent address.

KEY SCRIPTURE · ISAIAH 43:1

Fear not, for I have redeemed you; I have called you by name, you are mine.

DISCUSSION QUESTIONS

Section 1 · God Meets You in the Cave

1. The message opened with the image of eyes adjusting to darkness. In what ways have you seen yourself grow comfortable in a spiritually dark season without realizing it was happening?
2. Before God gave Elijah a new assignment, He met Elijah's immediate physical and emotional needs. What does this tell you about how God views you as a person, not just as someone He wants to use?
3. God cares for you more than what you do for Him. How does that truth challenge or encourage you personally? Is it easy or difficult to receive?

4. In a hard season, do you tend to feel like God is distant or disappointed in you? Where do you think that feeling comes from?

Section 2 · God Speaks in the Cave

1. Elijah experienced wind, earthquake, and fire, but God was in none of them. He was in the low whisper. Why do you think we often expect God to speak through dramatic moments rather than quiet ones?
2. Picture static: God is always broadcasting, but sometimes our connection is disrupted by busyness, noise, and circumstances. What tends to create the most static in your life that makes it hard to hear God?
3. Pastor Jay shared the story of his father-in-law fasting not to get something from God, but simply because he loved the Lord. How would you describe the motivation behind your time with God right now? Mostly requests, or is there space for simply being with Him?

Section 3 · God Calls You Out

1. After restoring Elijah, God gave him a clear next step and reminded him he was not alone: 7,000 others had not bowed to Baal. Have you ever felt completely alone in a struggle only to discover others were walking through the same thing? What did that do for you?
2. You do not have to see the whole road out of the cave. You just have to trust God enough to take the next step. What is one step of faith you sense God may be calling you to take right now, even if you cannot see what comes after it?
3. Isaiah 43 reminds us God does not promise we will avoid deep waters, fire, or rivers. He promises to be present through them. How does that distinction change the way you pray or approach hardship?

KEY TAKEAWAYS

- ✓ God does not wait for you to clean yourself up before He meets you. He meets you in your mess, right where you are.
- ✓ Your weakness, struggle, and failure do not surprise God, and they do not cause Him to abandon you.
- ✓ The absence of a dramatic moment does not mean the absence of God. He often speaks in a low whisper rather than an earthquake or fire.

- ✓ God restores you not so you can stay comfortable in the cave, but so you can come out of it.
- ✓ You are more valuable to God as His child than for anything you can produce or accomplish for Him.
- ✓ The pain that brought you into the cave does not have the authority to keep you there forever.

THIS WEEK'S CHALLENGE

Choose at least one to put into practice this week:

Option 1 Get Honest

Identify whether you are currently in a cave. Write down what brought you there and what you believe is keeping you there. Bring that honestly before God in prayer.

Option 2 Seek the Whisper

Set aside intentional quiet time this week with no agenda, no request list, and no noise. Simply sit in God's presence and listen. Journal anything that comes to mind.

Option 3 Reach Out

If you have been isolating yourself the way Elijah did, take one step toward community this week. Reach out to someone in your group, a pastor, or a trusted friend and tell them honestly how you are doing.

Option 4 Return to the Word

Read 1 Kings 19 in full, then Isaiah 43:1-3. Sit with those passages and ask God to speak to you through them personally.

Option 5 Extend Grace

Give others the same grace you expect to receive. Is there someone you have pulled back from because they let you down? Take one small step toward extending grace to them this week.

CLOSING PRAYER FOCUS

- That each person would have the courage to be honest about what cave they may be in or coming out of.
- That each person would develop ears to hear the whisper of God rather than only seeking dramatic signs.
- That each person would take one step of faith this week in response to what God is calling them toward.

> *The cave does not get the last word. Jesus does.*
>
> CAVE DWELLERS · WEEK FOUR