

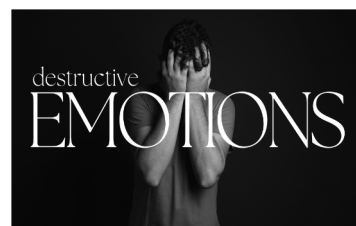
LIFE GROUPS

DISCUSSION QUESTIONS

1. Living during a pandemic and intense political division can be frightening. What fears get you down the most or make you want to run and hide?
2. Read **1 Kings 17:2-3, 8-9, and 18:1**. Elijah had not made a move for three years without hearing from God. Read **1 Kings 19:1-3a**. Now Elijah fled from Jezebel. How do you go about your decision-making? What role does the voice of the Lord play?
3. Read **1 Kings 19:3b-8**. Immediately following a great victory (chapter 18), Elijah became depressed. Verses 3-5 illustrate four common contributors to discouragement: Elijah wore himself out, shut people out, focused on the negative, and forgot the faithfulness of God. Of these four, which is the most common challenge in your life?
4. God was merciful in providing Elijah with the rest and sustenance he needed. So how are you restoring yourself when you need rest and encouragement (see **Psalms 91:1, 118:6, 127:2**)?
5. Read **1 Kings 19:9-14**. Elijah genuinely felt lonely in his service to God. How are you avoiding loneliness (see **Hebrews 10:24-25**)?
6. Twice God asked Elijah, “what are you doing here?” It appears he was there because of fear. What are you doing to combat feelings of anxiety (see **Joshua 1:9 and 1 Peter 5:7**)?
7. After the commotion of the wind, an earthquake, and fire, God passed by Elijah in a “gentle whisper.” Describe when you felt God spoke to you in a “gentle whisper.” What did he say to you? How can you better recognize and follow the voice of God found in the silence after a storm?
8. The statements that “God was not present” in the wind, the earthquake, or the fire demonstrate that God does not always work in visible and dramatic ways. He may choose to be present silently. Does this encourage you to expect God to build his Kingdom, even when you don’t see it? Explain.
9. Read **1 Kings 19:15-18**. At this season of your life, does God’s instructions to Elijah to get back to doing what prophets do, despite his lack of understanding, resonate with you? Why?
10. How does God’s promise to always set apart a remnant of faithful servants encourage you?

Loneliness

1 King 19



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Adapted from *The Benson Journey* (<http://www.nealbenson.com/2020/04/1-kings-19-small-group-questions.html>) and *Waipuna Chapel* (<http://storage.cloversites.com/waipunachapel/documents/Elijah%20%20LIFE%20GROUP%20STUDY%20GUIDE.pdf>)

