



# Welcome!

**SERIES: SOUL REPAIR**

*Today's Message: Defeating Depression*

*Dr. Lance D. Watson, Senior Pastor*

**PRAYER:** God, you are the lifter of our heads. We come humbly into your presence today asking that you would please strengthen our hearts and remind us to encourage one another when the troubles of life start to overwhelm us. Please guard our hearts from depression. Give us the strength up to rise up each day and fight against the struggles which seek to weigh us down. In the name of Jesus Christ, we pray. Amen.

**ICEBREAKER:** What was one thing you were afraid of when you were a kid?

**INTRODUCTION:** Elijah is on a hot streak of spiritual victories (1 Kings 18). He's just defeated the prophets of Baal at Mt. Carmel, he prayed for rain in a time of severe famine and the skies opened, and he outran a chariot in an amazing feat of strength. Despite all he's seen God do, when Jezebel threatens Elijah's life, he cowers in fear and runs away (1 Kings 19). Completely depressed, he asks God to take his life, but God responds differently, showing him and us that method by which to defeat depression every time.

**SCRIPTURE:** Read 1 Kings 19:1-10 (New Living Translation)

## **DISCUSSION:**

1. What stood out in today's message? Elijah had performed many miracles and had seen God's power in seemingly impossible situations, yet when he is threatened by Jezebel he is afraid, depressed, and even wants to die. Why do you think Elijah responded to this threat in this way?
2. The angel of the Lord meets Elijah in the wilderness but doesn't give him the answer he is seeking and gives him only enough food to sustain him on the next leg of his journey. Why draw out this encounter for 40 days? The number 40 is significant in the Bible. Can you think of anyone else who endured a trial for 40 days? What could we learn about God by reflecting on this pattern?
3. The Hebrew phrase translated "gentle whisper" is often understood as a still, soft voice, though the meaning of the phrase is actually unclear. Recently scholars have understood it to mean "sheer silence laden with a sense of holiness." God is made known in the silence and not in the loud manner of the earthquake or fire. Can you relate to this part of Elijah's story? Have you ever experienced God in the midst of silence?
4. A quote attributed to Alfred Hitchcock is: Fear isn't so difficult to understand. After all, weren't we all frightened as children? Nothing has changed since Little Red Riding Hood faced the big bad wolf. What frightens us today is exactly the same sort of thing that frightened us yesterday. It's just a different wolf. This fright complex is rooted in every individual. What do you think of this statement? What real fears do you face?



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5. In what ways can you relate to Elijah when he says, "I have had enough?" Elijah complains that he is the only prophet still alive; yet, later in the chapter God tells him that hundreds of prophets are still alive (he had also met Obadiah who told him of 100 prophets who were still alive 1 Kings 18). Can you share a time when you were so afraid or frustrated that the fear distorted your sense of what was really true?
6. Like Elijah, when we are afraid we may be tempted to hide in a cave from our fears. For some of us that might mean despair, surrounding ourselves with comfort, or cynicism and bitterness. How do you respond to fear? What kind of "cave" do you find yourself in when you are afraid?
7. God tells Elijah to go back the way he came and to do something even more controversial – anoint someone else king. God's response to Elijah's trouble wasn't, "Oh, I'll take that difficulty away." Rather God said, "Go back to where I've called you." Have you ever experienced a time when God's presence helped direct you back to where he wanted you to be?

**CHALLENGE:** What difficulty have you been avoiding and how might you plan to go back to where God has called you?

**SERVE:** Pray over 1 Kings 19:1-10 this week. **Praise** God that God provides deliverance amid our depression. **Listen:** when you are quiet before God, it is amazing how clear things become. **Respond.** Write it down, live it out, give God praise!

**ANNOUNCEMENTS:** Take this time to share group announcements. Church wide and campus specific announcements can be found at [www.myspbc.org](http://www.myspbc.org). You can also "find, follow and like" our Facebook page at [facebook.com/myspbc](https://facebook.com/myspbc). Turn on your notifications.

**CELEBRATIONS:** Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

**PRAYER REQUESTS & PRAYER:** Take this time to share prayer requests. Close with prayer.

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## We Care!

**NOTICE: DUE TO THE COVID-19 CRISIS, ALL OF OUR CAMPUSES ARE PHYSICALLY CLOSED AT THIS TIME UNTIL FURTHER NOTICE.**

As a small group leader, we depend on **you** to show members that we care. Here's a list of resources to help you.

### FOR PRAYER:

CALL: 804.463.2472

EMAIL: [prayer@myspbc.org](mailto:prayer@myspbc.org).

### FOR COUNSELING:

CALL: 804.643.6177

EMAIL: [Barnabas@myspbc.org](mailto:Barnabas@myspbc.org)

### TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: [ecare@myspbc.org](mailto:ecare@myspbc.org).

### TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: [ecare@myspbc.org](mailto:ecare@myspbc.org).

### TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: [Barnabas@myspbc.org](mailto:Barnabas@myspbc.org).

### TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: [emergencyassistance@myspbc.org](mailto:emergencyassistance@myspbc.org).

### TO CONTACT MY LIFE STAGE PASTOR/DIRECTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

EMAIL:

- Imagination (0-10): Vernita Williams ([Vernita.Williams@myspbc.org](mailto:Vernita.Williams@myspbc.org))
- SMB (11-19): Martina Jones-Smith (SMB: [Martina.Jones-Smith@myspbc.org](mailto:Martina.Jones-Smith@myspbc.org))
- Dreamchasers (20-29): Curtis Ballard ([curtis.ballardjr@myspbc.org](mailto:curtis.ballardjr@myspbc.org))
- Aspire (30-39): Lance Watson, Jr. ([lance.watsonjr@myspbc.org](mailto:lance.watsonjr@myspbc.org))
- Fusion (40-49): Michelle Townsend ([michelle.townsend@myspbc.org](mailto:michelle.townsend@myspbc.org))
- Encore (50-59): Jamie Duncan ([Jamie.Duncan@myspbc.org](mailto:Jamie.Duncan@myspbc.org))
- Prime Time (60-69): Maceo Freeman ([maceo.freeman@myspbc.org](mailto:maceo.freeman@myspbc.org))
- Refiners (70+): Wallace Simms ([Wallace.Simms@myspbc.org](mailto:Wallace.Simms@myspbc.org))

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*GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study. Previous GPS Guides are available online at [www.myspbc.org](http://www.myspbc.org).*