

FINDING GOD

1 Kings 19:1-18

SERMON SUMMARY:

Why do we forget? Why do we lose sight of God? And why do we struggle to hear God's voice? In our passage this week, Elijah struggles with spiritual depression in the aftermath of his victory over the prophets of Baal. It turns out, we are exactly like Elijah. We will learn how God helps us as He helped Elijah.

SERMON OUTLINE:

Problem

Spiritual "lows" often come after spiritual "highs."

Elijah's Spiritual Depression

Elijah was in fear for his life, he felt alone, and was discouraged.

God's Gracious Response

Bread in the wilderness

A voice on the mountain

A vision for the future

Application

God's comforting grace comes as a thin whisper.

God uses each act of obedience in his grand story.

THINK ABOUT IT/TALK ABOUT IT:

- Have you experienced this pattern of "lows" and "highs" in your own spiritual journey? If so, share an example.
- Why do you think it's common for believers to experience discouragement or spiritual depression after moments of victory or success in their faith?
- Share examples of times when you felt alone or discouraged in your faith journey. How did you overcome these feelings, or how are you currently navigating them?
- Reflect on each of God's gracious responses to Elijah. How was Elijah built back up from them? And what can we learn about how God will strengthen us back up?
- Why is hope (a vision for the future) essential for getting through spiritual depression?
- Why is it difficult to hear God's voice?
- Talk about the principle that "nothing is wasted" when it comes to doing the right thing. How does that motivate faithfulness?