



## **The Path of Renewal– 1 Kings 19**

July 13, 2025

From the heights of Mount Carmel to the valley of sorrow. Elijah, a man like us, was prone to discouragement and depression. Where might we turn when we find ourselves in a similar situation?

In part 3 of *Renewal in the Days of Unbelief*, Lewis Roderick shows us the causes of Elijah's (and our) sorrows, and the promise of Christ's renewal.

For personal reflection/community discussion

**Read** – Read the passage in its context several times. Read it slow enough to understand what God is saying through it.

- What ideas or words are emphasised, repeated or related in this passage?
- In your own words, what is the main idea of this passage? (Try to summarise these verses in 10 words or less)

**Examine** – Next, try to understand the specifics of what the passage is communicating.

- What do you notice about God? What has he done/is he doing in these verses?
- What do you learn about Jesus and his gospel from this passage?
- What does it reveal about people?
- How do you think the writer wanted his reader to respond to these words?

**Apply** - After seeking to understand God's Word in this passage, consider how he intends to use it in your heart and life today.

- What struck you most from this message?
- James 5 refers to Elijah as a man 'just like us'. Where might this carry most resonance in light of this message?
- What practical changes might you make to your life in light of this message?
- Lewis finished with words from Isaiah 40:

*"Even youths shall faint and be weary... but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles, run and not be weary; walk and not faint."*

Are you being asked to wait in the midst of sorrow? How might the gospel of 1 Kings 19 bring grace to you today?