



# Community Life

*Living as a community intentionally focused on cultivating the life of Christ in others.*

## GROUP GUIDE

ChangePoint 

### LIFE HACKS – wk 1: *Oxygen Mask Principle*

**ARRIVAL/CONNECTING and SNACK:** (15 Minutes) Spend time catching up and socializing with one another. Follow up on prayer requests and any action steps from your last time together.

**SHORT OPENING PRAYER FOR YOUR TIME TOGETHER:** (2 minutes)

**SCRIPTURE READING:** (10 minutes)

For today's discussion, we are going to enjoy a longer section of Scripture. To set the context, it may help to spend 2 or 3 minutes giving a quick overview of **1 Kings 17 & 18**. Then have someone read **1 Kings 19:1-10** out loud and slowly enough for everyone to enjoy. Reflect quietly for a moment. Keep your Bibles open here as you discuss and read the next section.

**OBSERVATION and REFLECT:** 10 minutes

1. Can you see how we might call what Elijah is experiencing “spiritual suffocation”?
2. Share briefly if you can relate to Elijah's spiritual struggle (now or in the past)?
3. How do we lose sight of God's perspective?
4. How does God meet us in our worst moments?

**SCRIPTURE READING #2:** (2 minutes)

Have someone read **1 Kings 19:11-18** out loud and slowly enough for everyone to enjoy.

**REFLECT and DISCUSS:** 10 minutes

5. Why do you think that God was not found in the winds, earthquakes and fires but in a gentle whisper?
6. Why do we tend to look for the overt acts of God rather than listen to the voice of God?
7. How can the word of God direct us back to God's path and purpose?

**PLAN TO CHANGE:** 20 minutes

- What is one way you could grow in experiencing the power of God's presence?
- What is one step you can take this week to make that happen. Plan to report back to the group next week with the progress you make.

**CLOSING PRAYER:** 10 minutes

Take a few minutes to pray for one another in light of what has been shared and discussed today.