

THE STORY OF ELIJAH



Growth Group Opener:

If an angel showed up to encourage you with a snack, what food would revive your spirit and get you ready for a long road trip?

Read: 1 Kings 19:1-18

Elijah had just had an incredible mountaintop experience where he had been a conduit to God's incredible power, but yet, immediately afterward, he spiraled into despair.

Why do you think spiritual highs are sometimes followed by emotional lows?
Have you ever had an experience like that?

How did God respond to Elijah in this interaction?
(Notice both what God did do, and what God didn't do.)

Why do you think Elijah was able to recognize the voice of God when it came in such an unexpected form?

What loud things in your life are trying to distract you from, or even drown out, the Lord's gentle whisper?

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Can you think of a time when you felt like you were all alone, even though that wasn't actually the truth?

How can your emotions cloud your vision at times, distorting reality?
What helps you differentiate between what you feel and what is actually true?

When you're in those moments of despair or depression, how does your inner voice compare with the gentleness of the Lord, as we see in these moments with Elijah?

Is there someone in your life who might be in a "cave" that could use your gentle care?

What can we learn about God from these passages?

Is there anything you feel the Holy Spirit nudging you to look at more closely?

Prayer:

Father, thank you for your kindness, and for your patience. Thank you for being a good father, and a good shepherd. Lord, we pray that each of us would know you as a gentle and kind parent. Let us spend time in quiet solitude with you so that we would be shaped by your kindness and gentleness, and so that we might be the same way with others. In the name of Jesus, amen.

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