

GROUP DISCUSSION

Questions for facilitating dynamic discussion

Elijah — Facing Our Fears

Week 5: God Restores Us

1 Kings 19:1-9

June 16, 2024

Pastor Jeff Griffin

There are times when we push ourselves to emotional and physical exhaustion, even if it's because we're doing good things for God's kingdom. So how do we bounce back and recover? Let's glean wisdom from the prophet Elijah about how God restores us when we're fatigued.

Kicking It Off:

In honor of both Jeff and Elijah needing a snack and a nap, two questions: First, can/do you take naps? Next, what's your go-to snack when you need a little pick-me-up?

Discussion:

1. After King Ahab's evil wife Jezebel heard about the 450 Baal prophets who were executed — and how God engulfed the situation in flames — she was determined to kill Elijah. As a result, Elijah was terrified and ran for his life. What are some reasons why you think she might have felt threatened? What power can "false prophets" have in our lives?
2. Think of a time when you faced a seemingly hopeless situation and felt weak or like you were at the end of your rope. What circumstances led to your exhaustion? (Did it follow any time of spiritual victory?) What helped you recognize the situation wasn't good or sustainable?
3. Read 1 Kings 19:4a. How would you relate to Elijah in his remarkable moment of despair? How would you encourage him if you were his close friend?

"He came to a broom bush, sat down under it and prayed that he might die. 'I have had enough, LORD,' he said. 'Take my life; I am no better than my ancestors.'"

4. God invites us: **Embrace your weakness.** How can knowing our weaknesses keep us humble? How does Jesus' example encourage us to acknowledge our limits?

"For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin." (Hebrews 4:15)

"My power shows up best in weak people.' Now I am glad to boast about how weak I am; I am glad to be a living demonstration of Christ's power, instead of showing off my own power and abilities." (2 Corinthians 12:9b)

5. Jeff encouraged us to **Let God embrace you.** How do you think God's kindness (especially after we've blown it) might motivate our rest and restoration?

Wrapping Up:

Reflect on the mighty work of D.L. Moody, an ordinary man whom God used to greatly impact the kingdom. Pray that God will use you to draw near to Jesus when you are weary ... and to fully depend on Him to do whatever He's called you to do.