



Week #3: God FOR Elijah

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Elijah was afraid and fled for his life.

1 Kings 19:1-3 (NLT)

He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors who have already died."

Then he lay down and slept under the broom tree. ...

1 Kings 19:3-5 (NLT)

Common ways discouragement happens:

- Wear _____ out.
- Shut _____ out.
- Focus on the _____.
- _____ to others.
- Forget God and his _____.

God's remedy for discouragement:

- God says to _____ and rest.

...But as he was sleeping, an angel touched him and told him, "Get up and eat!" He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

1 Kings 19:5-6 (NLT)

Then the angel of the Lord came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you."

So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God.

1 Kings 19:7-8 (NLT)

- God replaces our _____ with his _____.

...But the Lord said to him, "What are you doing here, Elijah?"

Elijah replied, "I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."

1 Kings 19:9-10 (NLT)

"Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!"

1 Kings 19:19 (NLT)

- God speaks to us in _____.

"Go out and stand before me on the mountain," the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper.

1 Kings 19:11-12 (NLT)

- God gives us something _____.

Then the Lord told him, "Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. Then anoint Jehu grandson of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet."

1 Kings 19:15-16 (NLT)

Now as the two continued walking along and talking as they normally did, something incredible happened. A blazing chariot pulled by blazing horses stormed down from the heavens and came between Elijah and Elisha. Then Elijah was swept up into heaven by the fiery storm. Elisha witnessed this amazing spectacle.

2 Kings 2:11-12 (VOICE)

Discussion Questions

1. Share a time when you've found yourself in a very discouraging and challenging season and what did you focus on more - the negative or positive aspects of that season? What did your chosen focus do to your soul? In hindsight, was there an opportunity for spiritual growth during seasons of challenge and stress?
2. How does discouragement show up in your body and to whom or what do you tend to turn to when you are discouraged?
3. Which of the following – prayer, meditation, physical exercise, being in community - can play a part in alleviating discouragement and how?

Recommended Resources

- *Winning the War in Your Mind*, by Craig Groeschel
- *GODISNOWHERE: Where is God in the Midst of Your Pain?* by Mickey Stonier
- *Out of the Cave: Stepping into the Light When Depression Darkens What You See*, by Chris Hodges
- <https://eastlake.church/mental-health-resources>

(NLT) New Living Translation

(VOICE) The Voice

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- Shut people out.
- Focus on the negative.
- Compare yourself to others.
- Forget God and his faithfulness.

God's remedy for discouragement:

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