

Group/Individual Study

Series: "This is Us" - Elijah

Passages: 1 Kings 19:1-18

REFLECT on the message heard Sunday, 7/30

1. This passage is a lesson on how God puts us back together when we are in a place of despondency and burnout. Look back into 1 Kings 18. What do you think might have brought Elijah to such a dark, weak, and hopeless place? Do you have seasons of "maximum output" that tend to leave you drained and vulnerable? What are they?
2. After having thrown his "Sunday best punch" to no apparent effect, Elijah runs and wants to throw away his life as a prophet of God. What are the first things the angel does to attend to him? Why do you think God first started with rest and food? How does lack of these basics affect you?
3. After having been fed and given rest, Elijah journeys to Mt Horeb (Mt Sinai) where Moses received the 10 Commandments. Of all places on earth this is the one a Jew in that day would have associated with meeting with God. Elijah intuitively knew that he could only get back on his feet with a renewed experience with God. Where do you go and what do you do to be replenished when you are spiritually dry and empty?
4. Multiple times God asks the question, "What are you doing here, Elijah?" Each time Elijah gets to vent the pain, frustration, and fatigue that's inside him. God doesn't correct him; He just lets him get it out. Have you ever experienced the healing effect of someone just listening to you? Why do you think "getting it out" is often so much healthier than holding it all inside? Who is the best listener in your life?
5. Having eaten, slept, and vented all the emotions that were inside him, Elijah encounters God anew and God gives him an experience of spiritual renewal. Why do you think these elements of renewal happened in this order? What is it about a fresh encounter with God that sets us on our feet again? Have you ever had God meet you in despondency with a fresh encounter with Himself?
6. Why do you think God waited till after Elijah was renewed physically, emotionally, and spiritually before giving him his next assignment? Why does it seem like our best outward work for God seem to flow from the times when our inner world is most whole with Him. How might this relate to the message of John 15:5-8?