

Beyond Sunday

1.4.26

The Power of Resolutions — Rachel Taylor

Gather

These questions help build connections with others as you share personal experiences.

- What are your New Year's Resolutions for this year? What are some that you have had in the past?

Grow

These questions guide your group through scripture from Sunday's Sermon. Sharing observations to lead to greater understanding of scripture and God's work in our lives.

Read 1 Kings 19:3–9

- Elijah has just experienced incredible victory, yet he collapses emotionally and physically. What stands out to you about Elijah's condition in this moment?
- What does God do first for Elijah before giving him direction or correction? What does that tell us about God's posture toward us when we reach our limits?

Read 1 Kings 19:10–18

- How does God's response in verse 18 ("Yet I reserve seven thousand...") reshape Elijah's understanding of reality?
- The sermon contrasted Elijah's dramatic Mount Carmel experience with God's gentle whisper at Horeb. Why do you think God chose to reveal himself differently in this moment?
- How does the phrase **"I will..." + "Yet I..."** help explain the balance between human agency and God's power?

Give / Go

These questions help us apply the sermon take-aways to how we will give back to God and go share what we've learned through application and life change.

- Where in your life right now are you feeling your own limits, exhaustion, or lack of capacity?
- When you reach the end of your "I will...," what is your usual instinct: push harder, withdraw, distract yourself, or turn toward God?
- What might a "**Mt. Horeb move**" look like for you this season? (Time away, silence, journaling, walking, retreat, prayer, etc.)
- What practices have helped you become more aware of God partnering with you in daily life?
- How could the phrase "**Yet I...**" serve as a reminder of God's activity when you feel alone, discouraged, or overwhelmed?

Prayer

- Take a few moments of silence and name before God one area where you are relying only on your own strength.
- Then pray together, asking God to make his presence and partnership more visible in those places.

Going Deeper

If you are interested in exploring the themes of this week a bit deeper, check out one of these resources.

- **Video:** The Bible Project — [Book of Ezekiel](#)
- **Book:** Ruth Haley Barton — [Sacred Rhythms](#)
- **Practice:** [Daily Examen of Consciousness](#)