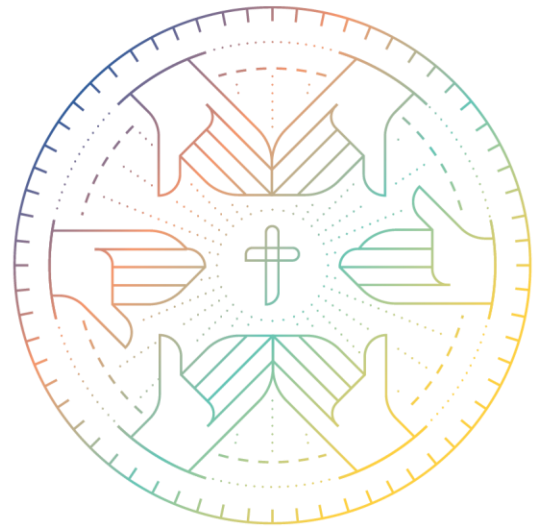


Group Life.

WE ARE BETTER TOGETHER



MEETING AGENDA

WELCOME (10 MINUTES)

This week we continue our series *Even If*. We see from Elijah's story that as we face times of distress God hears us and cares for us. You may have people in your group who are currently experiencing depression or know of someone close who is experiencing depression. We have additional resources both on our website, app and attached to the sermon notes.

Don't forget to take attendance via the attendance reminder email.

ICEBREAKER (10 MINUTES)

What was the hardest part of being socially isolated for you during Covid?

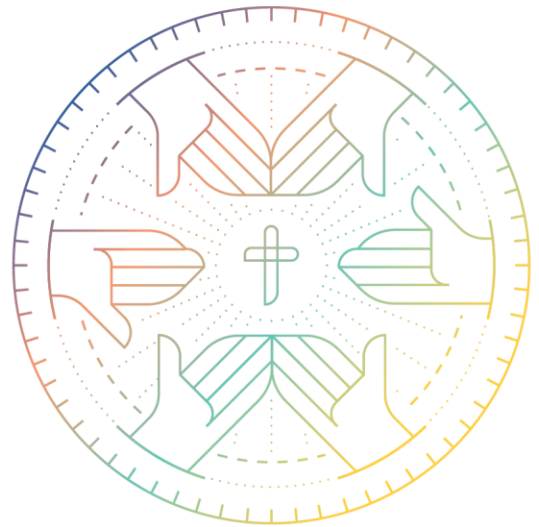
INTRODUCTION (5-10 MINUTES)

Anchor Verses: 1 Kings 19:1-18.

After seeing God show up in a mighty way at the end of chapter 18 Elijah finds himself discouraged and on the run for his life. We will see through Elijah's story that even if we experience depression in our lives, God hears and responds to us in our time of need.

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INTO THE WORD (25 MINUTES)

1. Read 1 Kings 18:36-40 and 1 Kings 19:1-4. Elijah just experienced God showing up followed up by intense fear and significant depression as he processes his situation. Depression can be multidimensional making itself evident in five main areas.
 - Being worn out physically
 - Socially isolated from others
 - Emotionally focused on the negatives of your situation
 - Spiritually feeling like God is distant
 - Mentally feeling like a failure

Like Elijah, have you found yourself or someone close to you experiencing one or more of these areas currently or in the past? Share what this is or was like to walk through?

H.O.S.T. GUIDANCE

[Answers will vary. Be aware that some members may not feel comfortable sharing. With this in mind make sure to be sensitive to your group affirming anyone who does decide to share.]

2. Read 1 Kings 19:5-8, Psalm 34:17-20, and Philippians 4:19. One of the ways that God cares for us is through the care for our physical bodies. There are four main ways we can care for our bodies: exercise, diet, rest, and what we allow our minds to think about. Of these four ways which one would you like to improve in your life? How can you take your next step towards that?

H.O.S.T. GUIDANCE

[Answers will vary. We often don't understand the connection between our physical bodies and our emotional and spiritual selves. When we have no physical stamina, it impacts our emotional and spiritual selves. Find ways that your group can encourage one another as you work to care for each other.]

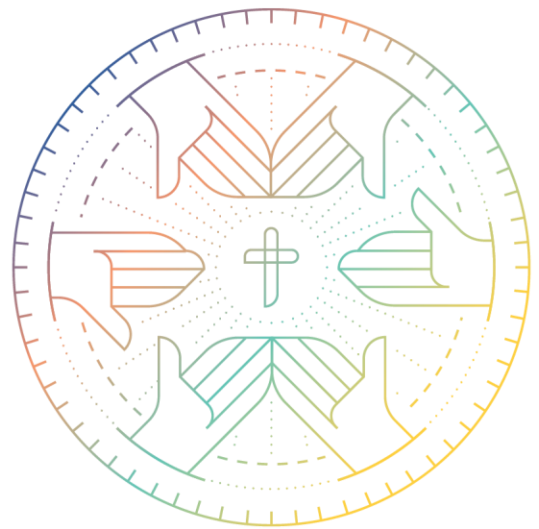
3. Read 1 Kings 19:9-10, 18. From Elijah's perspective, he felt that he was in a hopeless situation. After talking with God, he realized his perspective was mostly false. What is an example of a lie that you have believed in the past that made you feel hopeless?

H.O.S.T. GUIDANCE

[Answers will vary. Understanding truth is difficult and so many times we internalize lies that have been said about us or that we have told ourselves. John Mark Comer writes in his book Live No Lies, "The problem is less that we tell lies and more that we live them; we let false narratives about reality into our bodies, and they wreak havoc on our souls."]

Group Life.

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APPLICATION (25 MINUTES)

1. **Read 1 Kings 19:11-12 and Psalm 46. What changes can you make to your weekly schedule to create more opportunities to listen quietly to the Lord's voice?**

H.O.S.T. GUIDANCE

[Answers will vary. Elijah heard God's voice in the sound of a low whisper. His desire for Elijah and for us is to experience Him in a close personal way. We often find ourselves too busy with the many demands of life to create intentional opportunities to hear the Lord's still small voice. The theologian Dallas Willard says that "Hurry is the great enemy of the soul." You may need to think about where you need to cut back or create space so that you have time to listen to the Lord's voice.]

2. **Read 1 Kings 19:13-18 and Ephesians 2:10. Elijah was given instructions on what he was to do next. Like Elijah, God has given each of us something to do where he has placed us. What gifts and passions do you have and how or where can you utilize them to help others?**

H.O.S.T. GUIDANCE

[Answers will vary. We are most likely not equipped or called to anoint the next leader of our city or country, but God has placed us each in different areas of influence to positively impact and point people to God. For you, it may be your family, neighborhood, church, or workplace. If you have the gift of serving, find organizations or people that you can serve. If you have the gift of teaching or encouragement, find someone you can pass along the knowledge you have or mentor someone younger than you.]

PRAYER (10 MINUTES)

Dear heavenly Father, thank you that you care for each one of us. As we face difficult situations in our lives that drain us physically, emotionally, and spiritually help us to be reminded that you are near to us. May we prioritize finding rest in you and creating moments of silence and stillness so that we can clearly hear your voice. Help us to see areas in which we can use the gifts and talents you have given us to point others to you. We pray all these things in Your wonderful name. Amen.