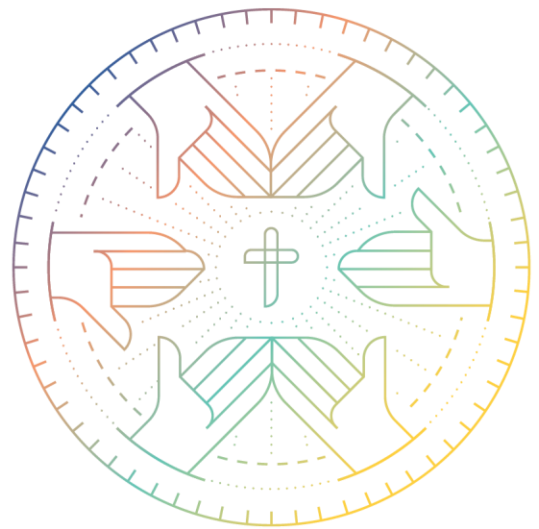


Group Life.

WE ARE BETTER TOGETHER



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.

INTO THE WORD (25 MINUTES)

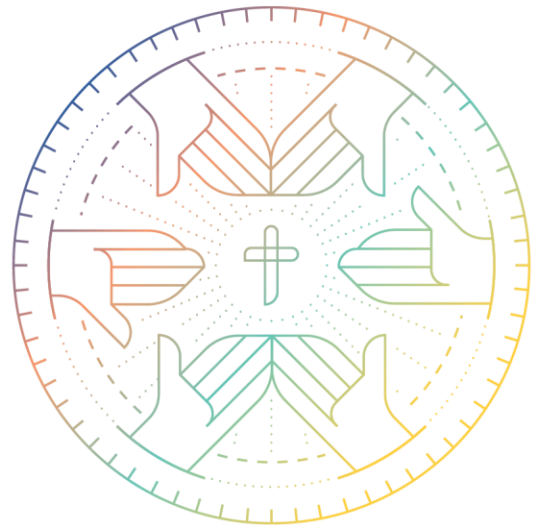
1. Read 1 Kings 18:36-40 and 1 Kings 19:1-4. Elijah just experienced God showing up followed up by intense fear and significant depression as he processes his situation. Depression can be multidimensional making itself evident in five main areas.
 - Being worn out physically
 - Socially isolated from 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?

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?
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?

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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?
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?

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.