



Week 4: God Encourages the Discouraged

Scripture: 1 Kings 19:1-21

4 Steps to Getting Discouraged

1. _____ yourself out (vv1-4)
2. _____ people out (v3)
3. _____ on the _____ (v4)
4. _____ God (v4)

God's prescription for the Discouraged

1. _____ and _____ (v5-8)
2. God replaces our _____ with His _____ (vv9-10)
 - God wanted Elijah to _____ his _____, to _____ whatever lies he was _____, so God could correct the lies.
 - 2 Corinthians 10:5
3. God _____ in a still, small _____ (vv11-13)
 - It's always _____ enough.
4. God _____ us _____ to _____ (vv15-16)

Start talking.

- Describe one of the loneliest moments of your life. How did you make it through such a difficult time?

Start thinking. Read 1 Kings 19:1-21

- What did Elijah pray when he had fled to a lonely place? (19:3-5)
- How did God miraculously care for Elijah in the desert? (19:6-9)
- What did God say to Elijah when the prophet had taken refuge in a cave? (19:9)
- How did Elijah express his despair about his circumstances? (19:10)
- What did God command Elijah to do? (19:11)
- What disturbances of nature did Elijah witness from inside the cave? (19:11-13)
- What question did God repeat in the “gentle whisper”? (9:13)
- What was Elijah's reply after seeing the demonstrations of God's power? (19:14)
- What “marching orders” did Elijah receive from God? (19:15-17)

Start sharing.

- Do you think Elijah was justified in being discouraged by his circumstances?
- Why do you think God revealed Himself to Elijah when the prophet was discouraged?
- What strikes you as unusual about God's question to Elijah in the cave?
- Describe a situation where it felt like you were the only believer?
- What important lesson did Elijah learn about how God chooses to speak to people?

Start praying. *Be bold and pray with power.*

Reveal yourself to me Lord. May you continue to guide me, and help me in the midst of my emotions and fears. God, I humbly come before you today. Search me, show me anything that is counter to your will. Today I ask you to change me first, and I specifically pray for...

Start doing. *Commit to a step and live it out this week.*

- What are some ways that you can remind yourself that God is in control when you are in the middle of difficult circumstances?