



Week #7 of Elijah: A Man Like Us

November 13, 2022

Coming Together

- In your experience, how have you seen people respond to others who are struggling with discouragement or depression? What do you wish had happened instead?
- Historically, how has church responded to mental and emotional health issues? What changes would you suggest?

Adding to Our Understanding

- Read 1 King 19:1-9. Considering some of the courageous and miraculous events Elijah has been a part of in 1 Kings 17-18, what surprises you about his emotions and actions in 1 Kings 19:1-9?
- Who are these verses describing and what is their emotional or mental state?
 - Psalm 38:1-4
 - Jonah 14:1-3
 - Job 10:1
 - Jeremiah 20:14-16
 - 2 Corinthians 1:8-9

- What do you think has contributed to Elijah's physical and emotional well being in 1 Kings 19:1-9?
- How are Elijah's emotions, actions and thoughts about God in 1 Kings 19:1-9 similar to Jonah's in 1:1-3?

Unwrapping God's Principles

- What are some of the miraculous and courageous events that Elijah has been a part of in 1 Kings 17-18? Considering these past experiences with God power and His provision, what surprises you about Elijah's response to Jezebel's threats in 1 Kings 19:1-9?
- What does the "angel of the Lord" in 1 Kings 19:5-7 do to minister to Elijah? Why do you think God sent an Angel to this work in person?

Deepening Our Hearts for God

- Read Mark 14:32-36. What was Jesus going through at this time? How did He want to be ministered to? When we are going through difficult times physically and emotionally, what can we learn and apply to our lives from these verses?
- How does Psalms 34:17-18 and 73:26 speak to God's concern for those who are hurting emotionally?

Looking Ahead

Read 1 Kings 19:9-18. Circle, underline, or highlight anything that stands out to you. What does God do in these verses to help Elijah move from being discouraged and back to living with courageous faith?

