

## Making it Personal

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1. Question 5 in the study outlines the four steps to depression. Which of the four is the most common challenge in your life?
  
2. Do you remember a time God spoke clearly to you? Was it loud and booming or was it quiet and intimate?
  
3. How has the life of Elijah encouraged you in your walk with God?

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### Coming Next Week in Our Elijah Series

Pass It On

1 Kings 19:15-21

For all that Elijah accomplished, nothing strengthened his legacy more than the passing on of his gift to a new prophet, one who would hold the torch that Elijah so faithfully carried.

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Depression.

1 Kings 19:1-14

Elijah – Part 4

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### SERMON NOTES

March 7, 2021



# Life Group Study Notes



## Series Summary – *Elijah: Faith for Turbulent Times* (5 Part Series)

A nation in upheaval, a godless king, a devastating drought, and epic opposition. That is the backdrop for a prophet named Elijah who overcame it all. When the world around us is spinning out of control, where do we turn?

### This Week’s Message – *Depression*

Great victories are often followed by dark valleys. Elijah, the great prophet, is struck down by a common enemy. What God does in this valley is a lesson for us all.

### Study – Discovering What the Bible Says



1. What was one takeaway from last week’s study? (Hint: It was on Elijah from 1 Kings 18:41-46).
2. Have you ever felt that your faith was deficient? (Do you struggle with guilt, anxiety, joylessness, etc., and felt that because of these, something was wrong with your faith or with God?)

#### Read 1 Kings 19:1-14

3. In the opening 3 verses, is there a hint to the extent of Jezebel’s evil nature?
4. What was presented in the message concerning Elijah’s response?

- Any threat that is \_\_\_\_\_.
5. What 4 steps lead Elijah to a state of depression?
    - a. Shut \_\_\_\_\_.
    - b. Wear \_\_\_\_\_.
    - c. Focus on the \_\_\_\_\_.
    - d. Forget \_\_\_\_\_.
  6. How does God care for Elijah in verses 5-8?  
God made sure Elijah was \_\_\_\_\_.
  7. Sometimes the most spiritual thing we can do is rest and take care of our physical needs. This sounds so easy but why is it so difficult for many?
  8. The ‘Theophany’ of verses 11 and 12 is God’s way of reminding Elijah of his \_\_\_\_\_ and \_\_\_\_\_.
  9. What is troubling about Elijah’s response in verses 13 and 14? Discuss and give the summary statement from the message.  
Sometimes the weight of our \_\_\_\_\_ can \_\_\_\_\_ in God.
  10. Are there any other comments or lessons from the message or subject you would like to discuss?