

ELIJAH

Group Guide

ordinary people; extraordinary power

1 Kings 19:1-9

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ² So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." ³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." ⁵ Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." ⁶ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. ⁷ The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." ⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. ⁹ There he went into a cave and spent the night.

WEAKNESS IS THE WAY // MAY 26, 2024

1. What has most impacted you from Elijah's story so far? Share why.
2. Read 1 Kings 19:1-9.
 - Is it surprising to see death threats and despair after the mountain top moment in 18:36-46? Share why or why not.
 - If God won a victory on the mountain, why do you think Elijah still faces opposition?
3. Elijah's human side is front and centre in verses 3-5b. As you reflect on these verses together, answer the following:
 - Have you experienced any of what Elijah experienced? Share what you have experienced and what that was like.
 - What makes you most afraid?
 - How do you normally respond when you experience fear and despair?
4. How does God respond to Elijah's fear and despair? What does this teach you about who God is and how he relates to us when we feel this way?
5. Hebrews 4:14-16 tells us that Jesus understands all we go through because he was just like us, yet without sin. As you consider that:
 - Why is it important that Jesus was fully God and fully human?
 - Is it helpful for you to know that Jesus understands, even sympathizes, with what you feel and experience? Share why or why not.
 - How might this change how you relate to him?
6. Read 2 Corinthians 12:7-10 and then discuss the statement: *Your humanity isn't a barrier to the presence and power of God.*

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[LEADERS NOTES]

RESOURCES TO HELP YOU FOLLOW JESUS

- centralheights.ca/followjesus

STORIES

- We love hearing how God moves in people's lives. If you or anyone in your group has a story and would be willing to share, we'd love to hear it and celebrate with you. You can share your story by emailing stories@centralheights.ca

MESSAGE Video and Audio can be found at:

<https://www.centralheights.ca/currentseries>