

From Stress to Rest - Dealing with Discouragement

Discussion Questions - 1 Kings 19:1-18

Open It

What was one of the loneliest moments you can remember?

Explore It

Why was Queen Jezebel determined to kill Elijah the prophet? (19:1-2)

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)

In which of the manifestations that Elijah saw was God present? (19:11-13)

What question did God repeat in the "gentle whisper"? (19:13)

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)

How many faithful worshipers did God report to be in Israel? (19:18)

Get It

To what extent do you think Elijah was justified in being discouraged by his circumstances?

Why did God reveal Himself to Elijah when the prophet was discouraged?

What strikes you as unusual about God's question to Elijah in the cave?

In what settings have you felt that you were the only believer?

Of all of the manifestations of God's power, which might have Elijah wished God would show to his enemies?

What important lesson did Elijah learn about how God chooses to speak to people?

How was Elijah to be involved in the punishment of God's enemies?

How did Elisha make a dramatic break with his past before he followed Elijah?

What would be difficult about making a sudden break with your present life-style if God were to ask you to do it?

Apply It

In what discouraging circumstances can you remind yourself that God is in control?

What habit could you cultivate to make you more ready to respond to God's call at a moment's notice?