Introduction: *Affirm the value of encouraging words during difficult times.*

Share some encouraging quotes from the following website: [https://www.greetingcardpoet.com/words-of-encouragement/](https://www.greetingcardpoet.com/words-of-encouragement/)

Then say something like the following: “These sayings can be uplifting sometimes, but they can also feel empty. In truly hard times, we want words of power from one who is powerful.”

Briefly share a time in your life when your circumstances seemed overwhelming. Mention how Scripture or words of truth from believers helped you through it. Put the following into your own words: “In today’s session, we’ll see how God enabled Elijah to face insurmountable odds as well as devastating depression.”

**Point 1: Cartoon Version**

After reading aloud 1 Kings 18:31-39 and going over the Leader Guide material for Point 1, say something like the following: “Most of us have heard this story, but sometimes something visual representing an event can bring the words describing it to life. This cartoon is based on some children who travel back in time with their robot and watch different events from biblical history.”

Show the following video, “Elijah on Mount Carmel,” a clip retelling Elijah’s confrontation with the prophets of Baal (4 minutes, 41 seconds): [https://www.youtube.com/watch?v=P8rZ-0i81zs](https://www.youtube.com/watch?v=P8rZ-0i81zs)

If time allows, raise the following question for discussion: “What did you see in this video that changed your understanding of this passage?”
**Point 2: State the vitality and importance of God’s attributes.**

As you discuss the reasons for Elijah’s despair in Point 2, pause on the bullet point, “Elijah lost his vision of the greatness of God” (page 22). Say something like the following: “When times are hard, we often see our situations or our troubles as more powerful than God. At times like these, we need a reminder at our fingertips.”

Share the following website with your group, either by email, text message, or by handing out printed copies: [https://www.blueletterbible.org/faq/attributes.cfm](https://www.blueletterbible.org/faq/attributes.cfm)

State the following in your own words: “This is a resource that will keep us grounded in God’s Word and remind us that God is who He says He is.” Walk through some of the attributes of God and explain how those attributes can give you confidence to believe His plan for your life.

**Conclusion: Speak to the challenge of exhaustion.**

Say something like the following: “This session reminded us not only of the power and provision of God but also that we, like Elijah, may sometimes get overwhelmed.”

Share some or the entirety of the following article, “Elijah’s 4 steps to victory over exhaustion,” about spiritual fatigue: [https://www.biblicalleadership.com/blogs/elijahs-4-steps-to-victory-over-exhaustion/](https://www.biblicalleadership.com/blogs/elijahs-4-steps-to-victory-over-exhaustion/)

Encourage group members to seek God’s encouragement and power through the Bible when they feel discouraged and overwhelmed. Remind everyone that we, as brothers and sisters in Christ, are to help one another physically, mentally, and emotionally when going through similar situations.

**Teaching Tip of the Week**

Commit to not using clichés during this week’s session. Christians face many difficulties, and a trite comment is not only unhelpful but can sometimes make them feel worse. Strengthen your brothers and sisters using the only infallible words of power: the Word of God.