

SCRIPTURE CARD GUIDE FOR GROUP DISCUSSION

"ELIJAH - PREPARING THE WAY AMIDST DEPRESSION" DECEMBER 10

SERIES OVERVIEW:

After Adam and Eve's fall into sin, they received a promise that the Lord would not leave them in their brokenness. He would provide a Savior. He would prepare the way. Yet how God chooses to work is often surprising. God used people like Moses, Elijah, John the Baptist, and the disciples - who struggled with fear, doubt, anxiety, and depression - to prepare the way for the one who would ultimately come and save his people. In the birth of Jesus, we see God once again bringing about his plan in the most unlikely of ways. As followers of Jesus our broken lives have also been swept up in God's plan of redemption. He has placed us in this specific place and time to prepare the way for Him into the hearts of those around us. Not only will He do this in spite of our brokenness, but perhaps our brokenness is the very thing He will use to shine the power of His glory through us.

Follow the directions below for a guided group discussion with a friend, in a family, small group, etc. Grab a Scripture Card (printed or electronic) and simply follow steps from 1 to 6 on this page and the next.

1

PRAY

About 1 minute

Open in prayer.

2

BIG IDEA

A minute to read


Coming off one of the greatest spiritual highs of his ministry, witnessing the Lord consume the sacrifices with fire on Mount Carmel, Elijah is thrown into a dark point of depression as his ministry feels like a failure and his life is in danger. Yet, the Lord provides for him in his darkness, meeting him where he is at. The Lord used Elijah amidst his struggles to preserve Israel and deliver a savior through them.

3

CONNECT

About 10 minutes

Share a time when you didn't feel God's presence or didn't understand what He doing, but later saw the work of His hand.



December 10, 2023

Then [Elijah] went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died." - 1 Kings 19:4

Reflect
Read the full passage in your Bible - 1 Kings 19:1-18.

What is something that is grabbing your attention from the passage and why?

Notice Elijah's state of heart & mind...what is happening?

How does God meet Elijah in the midst of his very real struggles and darkness?

4

DISCIPLE LIFE DISCUSSION

About 45-50 minutes. Read the Scripture above and discuss the questions there. Additional questions below.

Depression doesn't inhibit God's calling on your life. How do you see God's purposes fulfilled through Elijah's ministry?

Depression doesn't mean a lack of faith. Elijah was faithful in following God every step of the way. He did everything that God asked, and he still was trapped in a place of depression. What are the implications of this in talking with and praying for someone in the midst of depression?

Depression doesn't mean God has abandoned you. How do you see God's care for Elijah here?

Read Romans 11:1-6 and John 6:35. Jesus came as the one to nourish you when you are in that place of hopelessness amidst depression. As you look to Jesus and His grace in times of difficulties, what practices have brought you peace and comfort?



DISCUSSION HELP:

Use follow-up questions to take the discussion deeper. Guide answers to be honest and real.

Can you say more about that?

How have you seen that play out in your life?

What does that stir up in you?

Has anyone else had a similar thought or experience?

What might God be inviting you to do?

5 PRAY:

About 15 minutes

Read the prayer prompts and allow for a time of reflection.

Pair up. Share prayer requests with your partner based on the prayer prompts below. Also share the first name of someone you know who is experiencing real darkness in their life right now. (See the Live it Out section.) Pray now for your partner and the prayer requests shared.

THE [DISCIPLE] LIFE

Pray

How have you experienced God meeting you in the midst of your very real struggles and darkness? Talk to God about that.

Are there parts of your life that you have not invited God into? Why not do that now?

Thank God that he is a tender, compassionate father who sees you and pursues you in love.

Live It Out

Ask God to bring to mind someone who is experiencing very real darkness in their lives. Pray for them and reach to them with the tender, compassionate love of the father this week.

**Jesus, thank you for inviting me
into this LIFE of following you today!**

6

LIVE IT OUT:

About 2 minutes

Read the "Live It Out" section and invite the group to take the steps noted.