



FIRST BAPTIST CHURCH
R O C H E S T E R

Sermon Discussion Guide
March 1, 2026

Refresh

Read 1 Kings 19:1-18 to get the Scripture passages back in your mind.

Discuss

After a major spiritual victory, Elijah quickly descended into fear and discouragement. Why do you think significant highs in the Christian life are often followed by seasons of weakness or doubt? In what ways have you observed this in your own life?

Elijah interpreted Jezebel's response as evidence that his mission had failed. Why are we often tempted to measure faithfulness by visible results rather than by obedience to God's call?

Elijah's prayer, "It is enough . . . take away my life," is honest but deeply weary. What does this passage teach us about bringing our exhaustion, disappointment, or even despair to God in prayer? Why do we sometimes neglect to do that?

Before giving Elijah a new direction, God provided rest, food, and time. What does this reveal about God's care for our physical and emotional limits? How might it also help us understand the fullness of God's care for us?

God guided Elijah with questions instead of direct correction. Where else do we see this pattern in Scripture? Why are questions such a powerful way to diagnose spiritual issues? How might this inform how we can help and encourage others around us who need correction?

The Lord was not in the wind, earthquake, or fire, but in the "thin silence." What can this teach us about our expectations of how God works, especially when we long for dramatic intervention but instead experience quiet providence?

God sent Elijah back with both commands and promises, including the assurance of a faithful remnant. How does remembering that God is always at work beyond what we can see help us persevere in our lives even when we feel ineffective?