

When Your Christmas Isn't Merry

"Elijah: On the Brink"

GETTING STARTED

ICE BREAKER: When is a time that you were so tired and hungry that food tasted better than usual?

KEY THOUGHT: ***Despair that sadly wants to die is more than met by God's supply***

GETTING THE POINT

Read 1 Kings 19:1-3

1. Have one person recap the showdown between the true God and the false god Baal in 1 Kings 18. Why was Jezebel so angry at what Elijah did?
2. Why was Elijah afraid of Jezebel's threat to kill him? How was his flight better for Jezebel than if she had actually killed him on the spot?

Read 1 Kings 19:4-8

3. What evidence do you see of Elijah's despair? What contributed to this despair?
4. Describe God's provision for Elijah. How did God demonstrate grace toward Elijah in this?
5. What is the significance that this scene of despair comes between two "mountaintop experiences," Mt. Carmel in 1 Kings 18 and Mt. Horeb (Mt. Sinai) in 1 Kings 19?

GETTING DEEPER

Read John 6:35

1. Is Jesus speaking here of spiritual hunger, or physical hunger, or something else? Why do you think this?
2. Some scholars believe the "angel of the LORD" in the Old Testament is the pre-incarnate Jesus. If this is the case for the angel of the LORD in 1 Kings 19:7, how are Jesus' words in John 6:35 particularly meaningful?

GETTING PERSONAL

1. In what way, if any, has the issue of mental health impacted your life?
2. How have you found it helpful to assess and address your physical needs related to your personal mental health?
3. Based on what you heard in this message, how can you help a loved one who is dealing with mental health challenges?

PRAY...

that any GP attenders or loved ones with MH challenges will find the hope & help they need.

GP Groups: Know ♦ Care ♦ Encourage