

Message Notes | Resilient

Part 3: Physical Resiliency

1 Kings 19:1-9

→ physical wellness and faith - **Genesis 1:27**

#1 God _____ you and gave _____ your _____.

→ the one who creates something also creates how it works

→ you did not choose the body that you have - **Ps. 139:13-14**

#2 _____ the Giver by _____ of
what you've been given.

→ Elijah's situation - **vs. 1-4**

#3 It's important to _____ and _____.

→ God's direction to Elijah - **vs. 5-8**

#4 _____ is a vital part of being _____.

→ identity and purpose

Group Questions | Resilient

Part 3: Physical Resiliency

1 Kings 19:1-9

1. When you think about your body and physical health, what word best describes how you usually feel: grateful, frustrated, motivated, discouraged, or something else? Why?

2. **Read Genesis 1:27.** God not only created you, but also decided how our bodies work. What are some of the key things to remember when taking care of your physical health?

3. **Read Psalm 139:13-14.** We have been knit together by God. We are fearfully and wonderfully made. What feelings should that lead us to? Why can that be difficult?

4. **Read 1 Kings 19:1-4.** Elijah went from a major victory to an emotional crash. What factors led to this crash?

What is your relationship with stress? What have you found to be helpful in managing stress?

5. **Read 1 Kings 19:5-8.** Why do you think God meets Elijah's physical needs first? What does this teach you about resiliency?

6. What's the difference between "pushing through" in a healthy way and ignoring your limits in an unhealthy way? How can you tell the difference in your own life?

7. How does identity in Christ help influence a healthy perspective on physical health and wellness?

8. What's one positive change or goal you could make in the area of food, rest, or exercise? How could this group help or support you?

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- physical wellness and faith - **Genesis 1:27**

#1 God created you and gave you your body.

- the one who creates something also creates how it works
- you did not choose the body that you have - **Ps. 139:13-14**

#2 Honor the Giver by taking care of what you've been given.

- Elijah's situation - **vs. 1-4**

#3 It's important to identify and manage stress.

- God's direction to Elijah - **vs. 5-8**

#4 Physical wellness is a vital part of being resilient.

- identity and purpose

Bible Reading for Today

1 Kings 19:1-9

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword.² So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."

³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there,⁴ while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."⁵ Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat."⁶ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

⁷ The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you."⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.⁹ There he went into a cave and spent the night.

