

Food for the Soul

Film Discussion Questions

- 1 As you consider the five components of wholeness in the **SPIRE: Spiritual, Physical, Intellectual, Relational and Emotional**, are you surprised that God is concerned with our bodies? Were you surprised by how God supplied Elijah's needs – with food, water and rest?
- 2 Have you ever felt depleted? What was the cause of that and how did it impact you?
- 3 Read the biblical story about God's interaction with Elijah in 1 Kings 19:3-10.

3 Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. 4 Then he 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."

5 Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" 6 He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. 7 Then the angel of the Lord came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you."

8 So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. 9 There he came to a cave, where he spent the night. But the Lord said to him, "What are you doing here, Elijah?"

10 Elijah replied, "I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."

- 1 Kings 19:3-10 -

- 4 After his physical needs have been met, Elijah needs to have a conversation with God about his disappointment and stress. How have you found stress impacts you physically? Is going to God with these things a good idea?
- 5 An ancient Psalm says: "you made all the delicate inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex!" What are some ways the body functions that amaze you?
- 6 In Luke chapter 10, Jesus is illustrating his commandment for us to love each other and gives us an example of an outcast tending to the wounds of a stranger as an example. What are examples of this kind of practical love that you are aware of today?

Going over to him, the Samaritan soothed his wounds with olive oil and wine and bandaged them. Then he put the man on his own donkey and took him to an inn, where he took care of him.
- Luke 10:34 -

- 7 Perhaps you mentioned the ministry of Mother Teresa in answer to question five. Mother Teresa expressed the love of Christ in her care for those who were poor and dying. She left us these words: *“Do not think that love, in order to be genuine, has to be extraordinary. What we need is to love without getting tired.”* How does taking care of ourselves allow us to care for others? Consider the illustration of the exercise ball and its ability to function with and without air.

FILM COLLECTION

1 - 4

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