

Elijah: Frustration, Fear and Fatigue

Text: 1 Kings 19:1-10

Purpose: *Leaning in on God's care and truth when faced with fatigue and fear.*

Opening Question: *Scariest movie you have ever seen?*

Read and Discuss: 1 Kings 19:1-5

1. *What kinds of situations cause frustration for you? How do you guard your heart from becoming frustrated with God?*
2. *How does fear control us and/or distort the truth?*
3. *What is a consistent pattern that you find yourself doing in response to fear?*

Read and Discuss: 1 Kings 19:5-10

4. *How does God speak to you in times of doubt and fear? When you are in season of doubt and fear what things can you do to remind yourself the truth of who God is?*
5. *What are some of the things in your life that keep you from becoming fatigued? What fills your tank to keep you fresh?*
6. *How does Elijah not help himself in vs. 10? Do you ever find yourself speaking the way Elijah does?*
7. *Who are the people around you that speak truth into your life? What can you do to encourage the right people to speak the truth to you when you find yourself afraid or doubting?*
8. *What do you say to people who are in a season of doubt and fear? Who is one person that this week needs you to lovingly speak truth into their life?*