



DISCUSSION GUIDE

'OVERWHELMED' - Lessons from Elijah

GETTING STARTED

Can you recount a moment where, like Elijah, you felt alone, discouraged, exhausted or burned out?
What similarities resonated with you from Elijah's story?

QUICK REACTIONS FROM THE MESSAGE

How would you summarize/paraphrase the message in your own words?

What point/idea resonated most with you? Why?

What surprised you most from the story of Elijah in Chapter 19? Why?

In what way did God demonstrate his compassion for Elijah?

What can we learn from how God desires us to care for ourselves when we face similar challenges?

What does Elijah reveal about his attitude, how he views his situation in response to God's question, "What are you doing here, Elijah? How can we lose sight of ourselves and God when we are overwhelmed?

How can we fall into a trap that says, no one cares like I care?

What do you believe was the "whisper" of God? What does it mean for us?

How can we mistake being "with" God and being busy, or busy for God? How can this lead to being overwhelmed?

What does it mean, that regardless of being overwhelmed, that God is not done with you yet?

How can being overwhelmed become God's invitation to begins to see Him and your life differently?

EXPLORE THE PASSAGE [1 Kings 19:1-21]

(Yes, these questions can seem silly, however, good discussion and interpretation of the Bible begins with having a proper understanding of the basic facts; who, what, when, and where in the text.) Work through this quickly, the answers are fairly obvious.

Why was Queen Jezebel determined to kill Elijah the prophet? (19:1-2)

What did Elijah pray when he had fled to a lonely place? (19:3-5)

How did God miraculously care for Elijah in the desert? (19:6-9)

What did God say to Elijah when the prophet had taken refuge in a cave? (19:9)

How did Elijah express his despair about his circumstances? (19:10)

What did God command Elijah to do? (19:11)

What disturbances of nature did Elijah witness from inside the cave? (19:11-13)

In which of the manifestations that Elijah saw was God present? (19:11-13)

What question did God repeat in the "gentle whisper"? (19:13)

What was Elijah's reply after seeing the demonstrations of God's power? (19:14)

What directive did Elijah receive from God? (19:15-17)

How many faithful worshipers did God report to be in Israel? (19:18)

Where was Elisha when Elijah found him? (19:19)

What symbolic action did Elijah perform when he found Elisha? (19:19)

What did Elisha call his family together to do before he left to follow Elijah? (19:20-21)

QUESTIONS THAT HELP US UNDERSTAND THE SIGNIFICANCE OF THE TEXT

To what extent do you think Elijah was justified in being discouraged by his circumstances?

Why did God reveal Himself to Elijah when the prophet was discouraged?

What strikes you as unusual about God's question to Elijah in the cave?

In what settings have you felt that you were the only believer?

Of all of the manifestations of God's power, which might have Elijah wished God would show to his enemies?

What important lesson did Elijah learn about how God chooses to speak to people?

How did Elisha make a dramatic break with his past before he followed Elijah?

What would be difficult about making a sudden break with your present life-style if God were to ask you to do it?

APPLY THE PASSAGE

What do we learn about God and about ourselves in these passages?

What do you need to stop, start or do differently as a result of reading this passage?

How can we pray for each other?