

## **Series: Below the Surface.**

### **Scripture and Background Information for April 25-May 01.**

To prepare for your group discussion each week, group members should use the **Community Group Discussion Guide** to complete the **GOD'S WORDS** and **MY WORDS** columns using the scripture below.

This week continue our series: Below the Surface. In this series, we are talking about a global pandemic that no one is talking about. We are talking about the pandemic below the surface. With this series, we want to address the whole person. We want to lay a spiritual foundation for our lives and look at what practical steps we can go to face the pandemic with our God. Today, we will look at **1 Kings 19:1-18** and talk about the pandemic of "Discouragement and Depression."

#### **Background for 1 Kings 19:1-18:**

Elijah just experienced a great victory. God had sent fire from heaven and demonstrated His power. God showed His alliance with Elijah and answered his prayer (1Kings 18:36-46). Our text opens with queen Jezebel's threat to Elijah to take his life. Although Elijah experienced a great victory, he became frightened and ran off. In his self-declared exile, Elijah was done with his ministry, with his fighting, and with his life. In exile, Elijah comes to the point, questioning his existence. He wanted to die.

Isolation, exile, discouragement, and depression did not hinder God from approaching Elijah. God encountered Elijah and strengthened him for his ministry, showing him that he was not alone.

Some questions to engage with the text:

1. What were the reactions of Elijah when hearing Jezebel's threat? What or who is the subject of his depression? At whom was Elijah focusing?
2. What are Elijah's responses to God reveal about Elijah? What do our disappointments reveal about ourselves?
3. How does God respond and reveal himself to Elijah? What does God's response to Elijah reveal about God and His view of life? When falling into depression or discouragement, how do God's responses encourage us?

*Note: The Bible never portrays the characters of the Bible stories in ways we cannot relate to. Our text today shows Elijah's discouragement and depression. God did not judge Elijah for his inability, his discouragement, and depression. Elijah gave up, but God was still going, and He had a plan!*

#### **Scriptures for upcoming weeks:**

May 02-08

Shame