

**GROUP DISCUSSION GUIDELINES: Tips for great conversation...**

- We aren't here to teach/fix each other, but to share our experiences.
- Show respect by listening to one another, asking clarifying questions.
- If you're quick to share, allow space and time for others to speak up.
- If you're slow to speak, your experience is valuable so please share.

**INTRO**

*Invite everyone to introduce themselves and then read the Bible verses.*

**DISCUSSION QUESTIONS**

1. What part of the message and Scripture is most encouraging, and which part is most challenging?
2. What did You notice about God, and what did you notice about yourself and other people?

**GOSPEL EXCHANGE (REDEMPTIVE WORK)**

*Jesus asks us to give Him our burdens (Matthew 11:28-29), whatever they may be (a lie we have believed about God or ourselves, our hurt or negative emotions, or even our concerns for loved ones), so He can carry them for us, giving us His peace (His completeness) in exchange.*

What do you want to exchange with Jesus today?

What is the burden? "Lord Jesus, I give you my..."

What's His gift? "Lord Jesus, I receive your..."

**ACTION QUESTIONS**

1. What is one step of obedience you can take this week, based on what you've discovered today? (*NOTE – Consider prayerfully asking God to answer this question for you, taking 30-45 seconds to listen in silence, writing what you heard. If nothing comes clear, keep praying this week.*)
2. During the coming week, with whom can you share what you learned today? (*NOTE – Consider repeating the same step with this question as in the previous one.*)

**Sermon Study - Conversation Guide**

February 18, 2024

"Rest in Him"

1 Kings 19:1-18

This guide is a discipleship tool for personal reflection, family conversations, for home groups, and for Table Talk on Sundays @10:40 am and 12:15 pm on the Lowell Patio

Coastal Community Church  
mycoastal.org

During the prophet Elijah's life, King Ahab and Queen Jezebel actively hunted down and killed God's prophets, with the help of 400 false prophets. Therefore, Elijah challenged them to a showdown. God showed up so powerfully, the people rose up and killed the false prophets. Was Elijah riding high on God's victory? Not at all.

**19:1 Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. 2 Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow." 3 Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.**

I used to laugh at Elijah and say to myself, "What an idiot." Now that I've followed Jesus for decades, I've also seen God do great things for me and then fail to trust Him right after that. What do we do when we're shaken? And how does God respond to us? Let's find out.

**19:4 But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O LORD, take away my life, for I am no better than my fathers." 5 And he lay down and slept under a broom tree.**

Have you ever been so weary, you just wanted to die? Here's what I've learned in those moments. We'll either let God carry our burdens or we'll carry them. Trying to be God and carry the weight of our concerns crushes us. So, how does God respond when we resist Him?

**19:5 And behold, an angel touched him and said to him, "Arise and eat." 6 And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. 7 And the angel of the LORD came again a second time and touched him and said, "Arise and eat, for the journey is too great for you." 8 And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.**

What is God's response to Elijah in the middle of his running from God? He serves Elijah, replenishing the strength he expended as he ran from God. How many of us have believed God was angry, vindictive, and vengeful, just waiting to smite us? That's not God at all.

**19:9 There he came to a cave and lodged in it. And behold, the word of the LORD came to him, and he said to him, "What are you doing here, Elijah?"**

God approaches Elijah in his running with a gentle question "What are you doing here?" It's meant to jar Elijah into thinking the same thing. Sometimes it takes a while to get there, as it did for Elijah.

**19:10 He said, "I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away." 11 And he said, "Go out and stand on the mount before the LORD."**

Elijah is still choosing to look at his circumstances through the lens of despair. What's God's response? "Go stand on a mountain..." Have you ever stood on a mountain and looked at the view? Did it change your perspective? That's what God is doing with Elijah in a very dramatic way.

**19:11 And behold, the LORD passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the LORD, but the LORD was not in the wind. And after the wind an earthquake, but the LORD was not in the earthquake. 12 And after the earthquake a fire, but the LORD was not in the fire. And after the fire the sound of a low whisper. Elijah went out of the cave when he heard that whisper.**

How did Elijah recognize God's voice when fear was screaming in his mind so loudly? The mighty wind, the earthquake, and the fire were events that shook Elijah and prepared him to hear God's voice.

**19:13 And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, "What are you doing here, Elijah?"**

When the noise inside and outside of us keeps us from hearing God's voice, He will repeat Himself, so we know it's Him. Pay attention to that.

**18 Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him."**

Can you imagine Elijah's joy when he finally saw his circumstances from God's perspective? This gives him all the energy he needs to finish the work God laid out for him, right up until the moment he left this world behind. God invites us to do the same, to constantly surrender our perspective to Him and receive His in exchange. That's resting in Him.