

WE ALL KNOW SOMEONE

MCA
The Church on the Hill

Sermon Outline

Key verses

The angel of the Lord touched him and said, "Get up and eat, for the journey is too much for you."⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

1 Kings 19:7-8

Despair is a spiritual attack

1. When we are afraid

Elijah was afraid and ran for his life.

1 Kings 19:3a

2. When we are tired

He himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."⁵ Then he lay down under the bush and fell asleep.

1 Kings 19:4-5

3. When we are alone

When he came to Beersheba in Judah, he left his servant there [and went on alone].

1 Kings 19:3b

God's solutions

1. Put your hope in God
2. Get some rest
3. Never hike alone

ELIJAH'S DESPAIR

JANUARY 19
DISCUSSION GUIDE

Opening Thought

The great prophet Elijah experienced God moving mightily. He had a showdown with 450 prophets of Baal and God reigned down fire from above! Shortly after, he hit rock bottom as despair and depression overwhelmed him. But God met him under the broom tree and restored him.

Ice breaker

- Tell about a bad day you had recently.
- What is your go-to comfort food when you are feeling down?

Dig Deeper

- Have you ever experienced despair? Do you see any connection to fear, weariness, or loneliness?
- What do you think the significance is of Elijah eating, drinking, and sleeping before he heard God's voice or even met with God? What does this mean about our physical bodies and their importance?
- What does the story of Elijah under the broom tree tell us about God?
- As followers of Jesus, how can we help those who are struggling with thoughts of despair?
- What are some keys to victory that you use when it comes to spiritual warfare?
- Have you ever encountered a season of life where you felt like giving up?
- John shared three of God's solutions in times of despair. Which one do you sense you need the most?
- How does having a purpose in life help you overcome despair and hopelessness?

Closing

God is not a distant God. He's right here with us, in the midst of our fears, our weariness, and despair. When you feel like Elijah under the broom tree, remember that you're not alone. Christ is with you. He's your strength, your wisdom, your courage. So put your hope in God!