

Battling Our Feelings

After Easter Insights, 1 Kings 19:1-16
Pastor Bob Johnson, April 7th, 2024

A Classic and Common Story:

(James 5:17, 1 Kings 19:1-5)

I. Causes Related to Emotional Struggles:

- D...
- D... (18:45-46)
- D... (19:1-5a)

II. Cautions Related to Emotional Struggles:

- I ... (19:2, Isaiah 26:3)
- I ... (19:3)
- I ... (19:4)

III. Choices Related to Emotional Struggles:

1. R _____ physically
(1 Kings 19:5-8)
2. R _____ emotionally
(1 Kings 19:9-10)
3. R _____ spiritually
(1 Kings 19:11-14)
4. R _____ ministry
(1 Kings 19:15-16)

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This Week's Discussion Guide

Welcome to our first week of a new small group season at GPC.

It is our prayer at GPC for our Sundays and small groups to provide the encouragement we all need to support each other as we desire to grow closer to God and build friendships as part of our vision at GPC to raise up committed Christ followers in a healthy church community.

Getting Started:

Each week, we typically start out with a few lighter questions to get us warmed up :).

From 1 Kings 19, we saw how God encouraged Elijah to rest up after getting emotional and physically worn out.

Speaking of resting up, other than a nice nap, what else brings you rest? What recharges you?

We also saw how Elijah was fearful of what Queen Jezebel threatened to do. Speaking of fears, as a kid, what was one of your biggest fears (the dark, noise under your bed, clowns, etc. ...) ?

To change Elijah's focus, God put on a display of wind, earth and fire.

Speaking of natural wonders, when have you been wowed by what you have seen or heard regarding nature and the great outdoors?

Reviewing & Reflecting on Sunday's Passage:

From reflecting on 1 Kings 19:1-16 this past Sunday, what encouraged you or challenged you?

Was there a particular thought or verse that stood out to you, encouraged you, challenged you or raised a question for you?

Digging Deeper:

1. As we saw in 1 Kings 19, sometimes the most spiritual thing we can do is rest.

While that sounds like a good idea when we are exhausted or struggling, why is real rest hard for many? What are some things you can do to have more quality rest in your life?

2. When Elijah was emotionally struggling, some of his words were a bit on the impulsive side.

As we are beginning a new small group season together, let's share some insights from the following verses related to being careful with our words as we relate to each other.

Ecclesiastes 10:12, James 1:26, Psalm 19:14, Colossians 4:6, Psalm 141:3, Ephesians 4:29

3. Just as God prompted Elijah to change his focus from his fears and frustrations, God also desires us to stay focused on Him ... his presence, power and promises.

Let's read the following verses and share some insights with each other:

Nahum 1:7, Isaiah 41:10, Isaiah 12:2, Psalm 9:10, Psalm 28:7,
Isaiah 26:3, Colossians 3:2, Philippians 4:8, 1 Chronicles 16:11, Proverbs 4:25-27,
Colossians 2:6-8, Romans 8:5

4. David in the OT, like Elijah, had his shares of ups and downs, successes and struggles. One of his famous Psalms is Psalm 23.

Lets read and reflect on this Psalm and share our insights regarding keeping our focus and remaining faithful to God.

5. One way God helped Elijah with his emotional struggles was to 'resume ministry' by encouraging him to begin serving others again.

Let's read the following verses and share our insights related to serving others:

Matthew 25:35-40, 1 Peter 4:10-11, Galatians 5:13, Acts 20:35, Matthew 5:16,
Hebrews 6:10, Philippians 2:3-4, Romans 12:11, Mark 10:45

As we are beginning a new season of small groups and ministry at GPC, and as we are all gifted and called to serve others as part of the Body of Christ, what are some ways you would like to consider serving at GPC and/or in our surrounding communities?

As a small group, what is a way we can serve together at least once in the next few months during this small group season?

Praying Together:

One of the blessings of being in a small group is being prayed for. Is there anything that came up from this week's sermon or discussion that you would like prayer for?

Is there anything else that you would like to express prayer for?