



Fire from Heaven Part 4: The LORD Cares For You

1. In 1 Kings 19 we discover that the Prophet Elijah experienced symptoms of depression and a lack of self-worth stemming from unmet expectations. Describe a time when unmet expectations during a project, relationship, or personal goal led to anxiety, depression or questioning your worth as a human being.

2. Read 1 Kings 19:1-9. Notice that the LORD did not rebuke Elijah for wavering in his faith. He didn't tell him to snap out of his funk or to just suck it up. Instead, what 3 things did God give Elijah to help him deal with his emotional turmoil?
 - a. Self-assess: Are you getting enough sleep? Is your diet helping or hindering your emotional well-being? Are you spending enough time with friends and family that love and support you? Discuss ways you can do all three of these things better.

3. Read 1 Kings 19:9-12. The LORD allowed Elijah to process his emotions and get them off his chest. What do you need to get off your chest? Take a moment to tell it to God.
 - a. Many times, we expect God to show up in big, powerful, and scary ways. What does him appearing in the gentle whisper reveal about our God?



Luke 4:8 (NIV)... "Worship the Lord your God and serve him only."

1. What do you think this Bible verse is talking about?
2. If your friend asked, "What is an idol?" what would you say?
3. Who rescued the Israelites from Egypt? Why do you think the Israelites chose to worship something else?
4. Why is God worthy of your worship?
5. What do you like to spend your time and money on, and what do you like to get attention for? Pick one of those things. How can you honor God using one of those things this week?