



Discussion Guide- 2

Face the Issue:

In part 2 of our series “New You”, we focused on renewing our emotions.

“‘For he understands how weak we are; he knows we are only dust’ (Psalm 103:14).

Notice the Psalmist didn’t say that God understands how weak our faith is, but instead that God understands how weak *we* are. God knows that we are susceptible to the emotional ups and downs of life. He knows that we are prone to discouragement when “things don’t go our way.” He knows that our spirit is willing to follow him, but our flesh is weak. That’s why he gave us remedies in his Word for overcoming the down times in life.

How willing do you think God is to accept our emotional ups and downs?

What first runs through your mind when you think of the term depression?

Into the Word:

The story of Elijah is a great lesson for us in dealing with emotional ups and downs. Elijah experienced the highest of highs and the lowest of lows. God charged him with confronting the king about his wickedness and he did. The king threatened him and he had to run for his life. While on the run, God provided for his needs by sending ravens to feed him and a brook to provide water. Later Elijah hid with a widow and her family and God miraculously provided supplies for Elijah and the widow.

Elijah later challenged the assembled prophets of Baal. Elijah mocked Baal and his followers, then God showed up in a consuming fire that engulfed Elijah’s sacrifice and convinced those who watched to seize the prophets of Baal. Elijah slaughtered God’s enemies in an act of righteousness. But when he got word that Ahab’s wife, Jezebel, was angered by his actions, he ran for his life again. Even after God proved Himself faithful to Elijah, Elijah lost hope and asked God to take his life.

Read 1 Kings 19:5–18

Why do you think God allowed Elijah to fall asleep before he began to minister to him in other ways?

When you are feeling down, do you normally feel like you’ve had plenty of sleep, or could a lack of sleep be a contributing factor to your feeling blue?

When you read such accounts of God ministering to his saints through angels, what are your first thoughts? Do you believe that God still does this? If so, how?

If the angel took the time to give food and water to Elijah as part of Elijah’s healing process, how important should we consider proper nutrition to be when we are feeling down?

After Elijah confesses that he feels like all hope is lost and that he feels alone in serving God, God gave Elijah several projects to work on (1 Kings 19:15–17), and then He told Elijah something that must have reinvigorated him. God told him that He reserved 7,000 people who had not bowed to Baal (1 Kings 19:18). Elijah wasn't alone after all.

What is your view of work as a follower of Christ? Is it just something you have to endure to make ends meet here on earth? Or is it ordained by God as a means of glorifying God, while at the same time giving us purpose and providing for ourselves? Explain.

If you feel down, is there a God-given task you are ignoring? What do you plan to do about it?

When things aren't going your way, do you ever fall into the same trap as Elijah, believing you are the only faithful Christian left?

Apply The Word

Offer up to God your shortcomings today. Offer up your feelings of inadequacy, fear, weakness, and anything else dragging you down. Then ask God to show you what he wants you to do next. Whatever it is, do it boldly.