

Getting Started

Describe something you worked really hard to achieve, and why it was so meaningful?

Did you experience a let down after you achieved it?

Digging Deeper

Elijah was a prophet of the Lord, sent to bring the message of judgment and redemption to the nation of Israel during a time of severe disobedience.

Read I Kings 19:1-3. Why were Jezebel's words able to discourage him?

What was his response?

When do you become easily discouraged? What is *your* response?

Read I Kings 19:4-9a. Throughout Elijah's story, God had given him very specific instructions on where to go. In these verses, where was Elijah going? Did God send him? (Cite a verse to support your answer).

How does God respond to Elijah's discouragement?

Fill in the blank:

In my own discouragement, God seems _____.

Finish reading I Kings 19:9b-18. Now, how does God respond to Elijah (aside from his discouraged state)?

Application

"God has not designed us to live like hermits in a cave. He has designed us to live in friendship and fellowship and community with others. That's why the church, the body of Christ, is so very important, for it is there that we are drawn together in love and mutual encouragement. We're meant to be a part of one another's lives. Otherwise, we pull back, focusing on ourselves—thinking how hard we have it or how unfair others are." (In "Elijah" by Charles R. Swindoll; *this is a great resource for further reading on Elijah*)

How are you living a life of intentional community/friendship with others? Is this community "drawn together in love and mutual encouragement"?

CHALLENGE!

Enjoy intentional community this week. Read Psalm 103 with a friend. Share with each other how these words are an encouragement from God.