

## TALK IT OVER

How is everyone doing right now? Do you have any needs? (Push a little here. Everyone is dealing with the virus and isolation so make sure you know how your people are doing. Prescriptions for antidepressants have risen 34% since early March. This is a hot button topic right now. Be gentle.)

Read 1 Kings 19:1-18 and Philippians 4:4-7 (On 2<sup>nd</sup> & 3<sup>rd</sup> pages. It's in the NLT version but feel free to read from a different one.) Once you've read the passages ask these questions:

- What new thing did you discover in the story that you did not know before?
- What did you learn about God? (Abby talked about the screaming of the enemy versus the whispers of God. **Reference 1 Kings 19:11-15** Elijah saw God move impressively and experienced his miraculous power and still experienced anxiety. Why do you think God chose to speak in the whisper and not the massive displays of power? What does that say about God and how he speaks to us? God also instructs Elijah to eat and sleep. What does this tell you about how God cares for and about us?)
- What did you learn about people? (Elijah experienced God more so than most people and still struggled. Abby said that Elijah did 3 things we struggle with: 1. Run ourselves into the ground 2. Focus on the negative and 3. Forget to prioritize God. Which of those do you do the most? Why is that? What other one do you struggle with? Maybe it's all 3? Abby said we need to remember to 1. Always rejoice & 2. Know God is near. **Reference Philippians 4:4-7** Why? How does that help us combat those 3 things?)
- What will you take away from this discussion? (Focus in on the 3 areas Abby talked about: Running ourselves into the ground, Focusing on the negative & Forgetting to prioritize God. What did God say to you about those areas you struggle with? How do they feed your anxiety?)
- What will you do with what you have learned? (Abby Gave us a few things to start doing: Read Psalm 143:8 Start your day with thanksgiving. What would that do for you? Read Philippians 4:7 Abby said to drown out the lies with truth. How can you use this passage to help you do that? How can you take what she talked about and put it into practical steps?)
- Is there anything else you wanted to share that we didn't hit in this discussion?
- Next week make sure to read Matthew 14:24-33, Philippians 4:4-7. Think through the questions we ask weekly as you read.

Encourage your small group to do a watch party on Facebook with the LIVE Sunday service for our series **Anxious for Nothing** this Sunday. Ask them to invite coworkers and friends to watch with them at 10:10. Also, make sure to comment as you watch on the feed to encourage community and discussion.

Make sure to check in with your SG this week. We are all going through a lot. How can you pray for them? This is where the discipleship aspect comes in. Work towards identifying your 3 (that you can really pour into) and then your 1 (that person that will replicate what you're doing now). Take a few minutes each day and make a text or phone call to everyone in the group.

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Make sure to read ahead of time and either retell the story or have someone (multiple people) help you retelling the story. Make sure to use your update with points from Abby's sermon.

### **1 Kings 19:1-18 (NLT)**

#### **Elijah Flees to Sinai**

19 When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. <sup>2</sup> So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them."

<sup>3</sup> Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. <sup>4</sup> Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died."

<sup>5</sup> Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" <sup>6</sup> He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

<sup>7</sup> Then the angel of the LORD came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you."

<sup>8</sup> So he got up and ate and drank, and the food gave him enough

strength to travel forty days and forty nights to Mount Sinai,<sup>[a]</sup> the mountain of God. <sup>9</sup> There he came to a cave, where he spent the night.

#### **The LORD Speaks to Elijah**

But the LORD said to him, "What are you doing here, Elijah?"

<sup>10</sup> Elijah replied, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."

<sup>11</sup> "Go out and stand before me on the mountain," the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. <sup>12</sup> And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper. <sup>13</sup> When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

And a voice said, "What are you doing here, Elijah?"

<sup>14</sup> He replied again, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."

<sup>15</sup> Then the LORD told him, "Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. <sup>16</sup> Then anoint Jehu grandson of Nimshi<sup>[b]</sup> to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet. <sup>17</sup> Anyone who escapes from Hazael will be killed by Jehu, and those who escape Jehu will be killed by Elisha! <sup>18</sup> Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!"

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Philippians 4:4-7 (NLT)

<sup>4</sup> Always be full of joy in the Lord. I say it again—rejoice! <sup>5</sup> Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.<sup>[a]</sup>

<sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus