

fried | *pursuing mental and emotional wholeness*

***The Shelter of Grace***

1 Kings 19: 8-12

January 22, 2023

***Introduction:*** Even superheroes of the faith get fried, Jesus said there was no one greater than Elijah, but Elijah pushed it too far. Cooked the engine. Smoked the circuits. Burnt the CPU. Got fried. It can happen to anyone. Today with the pace and pressures of life, we can't take mental health and emotional resilience for granted. Not for anyone. We're struggling. And we're not afraid to talk about it. Because God understands and cares. See how God comes alongside Elijah to renew and rebuild him mentally and emotionally. And join us as we invite him to do the same for us.

***Prayer:*** Father, we look forward to our discussion of God's "gentle whisper" to Elijah. Amen

***Read:*** 1 Kings 19: 8-12

***Review:*** What was the "touch" that Elijah experienced under the broom tree?

***Discussion:***

1. Why did Elijah go into a cave at Horeb? Was he still afraid for his life?
2. What was God's important question to Elijah? What was his answer? Are we ever tempted to say something similar in response to God's questions?
3. Verse 11 is important; why?
4. A great wind, an earthquake, fire – is that your image of God showing himself?
5. What was God's message to Elijah in the gentle whisper?

***Application:*** In the midst of crisis, wait for God's gentle whisper.

***Prayer:*** Father, thank you for your gentle personal grace in our lives. Amen.