

***The Yoke of Friendship***

1 Kings 19:19-21

January 29, 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, teach us by your Holy Spirit as we look together at your scripture and discuss it together. Guide us into your truth. Amen

***Read:*** 1 Kings 19:19-21

***Review:*** Did you experience God's gentle whisper this week? Did you write a lament as George suggested? Can you share either of these with your group?

***Discussion:***

1. How is Elisha part of God's answer to Elijah's lament in 1 Kings 19:14? (Read 1 Kings 19:14-18)
2. How does Elisha show his willingness to follow Elijah? What does Elisha need to give up and what does he gain?
3. What work has God called you to do? Who has God provided for you to partner with in that work?
4. What other pictures of friendship do you recall from elsewhere in scripture? (For a few ideas, look at I Samuel 18:3-4, I Timothy 1:3-7, John 15:15)

***Application:*** Think with God about your friendships. What is God telling you about your part in these friendships?

***Prayer:*** Father, thank you for the people you've placed in our lives to strengthen us and help us. Show us how to develop our spiritual friendships in a way that blesses us and furthers your kingdom. Amen.