

***The Oil of Serving***

1 Kings 19:13-18

February 5, 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, speak to us today through your word as you spoke to Elijah. Help us to see your purpose for us in service to your kingdom. Amen

**Read:** 1 Kings 19:13-18

**Review:** What did you learn about your friendships this week? Were you able to reach out to a friend this week?

**Discussion:**

1. Why do you think God asked Elijah the question in verse 13? Was this the first time Elijah had been asked this question by God?
2. What is Elijah's assessment of his situation? What does he get right? What does he get wrong?
3. What is God's plan for Elijah?
4. How do you think about your circumstances? Who do you talk to about how things are going? How can you get God's view of your situation without climbing into Elijah's cave?
5. Read Ephesians 2:4-10 What might God want you to do? Or not do?

**Application:** Bring your current situation before God this week in prayer.

**Prayer:** Father God, grant us the willingness to look for the work you have prepared for us and the courage to respond to your calling in our lives. Amen.