

Life Group Discussion Guide

WHEN THE COASTER GETS STUCK

1 Kings 19

Jason Fox - April 28, 2019



INTRODUCTION

Folk singer/songwriter John Prine wrote these lyrics: "That's the way the world goes 'round / You're up one minute and the next you're down / It's a half a cup of water and you think you're gonna drown / That's the way the world goes 'round."

The song was popular. People could relate. One day we're down and depressed by struggles with no end in sight. The next day we're excited because things are great, but anxious because we don't know how long the good time will last. Thankfully, God is a constant source of help through life's ups and downs.

DISCUSSION STARTER

1. Are you a rollercoaster enthusiast or a "There's no way you're going to get me on that thing?"
2. Have you ever been stuck or helped a friend who was stuck like Elijah? Tell the group about it.

EVALUATE IT

1. Chuck Swindoll wrote, "When we get discouraged, the first thing we tend to do is get alone. And that's often the worst thing we can do." Why is being alone the worst thing we can do when we get discouraged or depressed? Why can we not bring ourselves out of depression?
2. 1 Kings 19:11-13. What does God's interactions with Elijah teach you about Him and His attitude toward you?
3. Read 1 Kings 19:15-21. How does God help Elijah get unstuck and back on track? What three things does God do to help him?
4. How can gratitude be an excellent tool for getting unstuck and remaining that way?

MAKE IT PERSONAL

1. What are the things that can potentially lead to a stuck place?
2. Jason said Elijah reminds us to look and give thanks to our Heavenly Father. Where do you need to look up more?



Interested in joining or starting a Life Group?
Contact our Life Groups Minister.

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