WOODVALE
PENTECOSTAL CHURCH

Connect Group Sermon Aligned Notes

Series Title: PROXIMITY SERMON SERIES - Part 2: Elijah
Key Scripture: 1 Kings 19:1-22 NIV
Recorded Sermon: https://www.woodvale.ca/pastservices/v/proximity-sermon-series-part-2-elijah
Date + Speaker: November 12, 2023 | Pastor Mark Scarr

Starter: Describe one of the loneliest moments of your life. How did you make it through such a difficult time?

Discussion:

1. Elijah **Running**- 1 Kings 19:1-5a What made Elijah feel he had to run away?

    - Why was he so discouraged and afraid? Do you think Elijah was justified in being discouraged by his circumstances?

2. Elijah **Resting**- When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." Then he lay down under the tree and fell asleep…

    - How did God miraculously care for Elijah in the desert at his lowest moment? (1 Kings19:6-9)

3. What are some things you can do to have more rest in your life? Read 1 Kings 19:5-8. Ask God to help you find ways to find more time to rest. Spend some time in quiet prayer just resting in His presence.

4. 1 Kings 19:5b-8 (NIV) All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. 1 Kings 19:5b-8 (NIV)

- How does God feed us and restore us in our darkest moments?

5. Elijah **Rediscovering**- The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. 1 Kings 19:11-12 (NIV) God spoke to Elijah with a gentle whisper. What question did God repeat in the "gentle whisper"? (9:13)

    - Describe a time when God spoke to you with a gentle whisper. What did He say to you?

6. What important lesson did Elijah learn about how God chooses to speak to people?

    - What are some ways that you can remind yourself that God is in control when you are in the middle of difficult circumstances?

7. Take time today to allow God to speak to you. Listen quietly for His gentle whisper. God encouraged Elijah to eat and rest, to believe truth instead of lies, to listen to His voice and to get back to doing what prophets do. At this season in your life, which of these areas resonate with you most? Why?

Diving Deeper: Pastor Mark spoke about 7 principles to hear from God: Solitude, Stillness, Silence, Seeking God, Scripture, Surrender and Soak in the Lord. Pray about how you can apply these principles to your life this week.