



Opening (5-7 minutes)

- Prayer: Begin with a prayer, asking God to guide your discussion, open hearts to His truth, and reveal how His Word applies to your lives.
- Icebreaker Question: Share a time when you felt overwhelmed or wanted to “give up.” What helped you push through?
- Scripture Reading: Read 1 Kings 19:4-8 aloud as a group.

Discussion (30-35 minutes)

- Why do you think Elijah, after such powerful victories (e.g., defeating 850 false prophets), reached a point of despair, asking God to take his life?
- Alan suggested in his sermon that Elijah, like Moses, took his focus away from God and placed it on himself. How do we see this in his story, and does this happen in our lives?
- Alan’s sermon also highlights fear and loneliness as key factors in Elijah’s meltdown. What are some modern-day “Jezebels” (threats or pressures) that make us feel isolated and/or afraid?
- How might Satan use tactics like fear or convincing us to “hide our faith” to weaken our courage?
- What does God’s response to Elijah’s despair (e.g., sending an angel, providing food, giving direction) tell us about God’s character?

- How can God’s provision (physical, emotional, or spiritual) help us to move forward and out of our own “pity parties” in tough times?
- In this sermon Alan warned against hiding our struggles and pretending everything is fine, like a “masquerade ball.” Why do you think we find it so difficult to be vulnerable around our church family? How can this LifeGroup better serve you as a safe place to share and support one another?
- List some practical steps we can take to stay focused on God (upward) instead of on ourselves (inward) when life feels overwhelming.

Action Step

- Personal Challenge: This week, identify one person in your life (in this group or elsewhere) you can reach out to for encouragement or to share a struggle. Commit to being honest and asking for prayer or support.

Closing Prayer

- Close with a prayer, thanking God for His provision and presence, as seen in Elijah’s story. Ask for courage to trust His plan, lean on your community of believers, and walk in His calling.



Use the questions below to help extend the impact of the week-end message. They are not only useful in your LifeGroup, but try discussing with your family, friends, and co-workers for even greater understanding and spiritual growth.