



Group Leader Guide-Mar 23 2025

Sermon Recap

1 Kings 19:1-13; Psalm 31:7b, 9-10; Mark 9:2-8

Pastor Chris reflects on the story of Elijah from the Old Testament, emphasizing the dramatic confrontation he had with King Ahab and the prophets of Baal on Mount Carmel, where God demonstrated His power. However, after this victory, Elijah's journey descends into fear and despair, illustrating that even great believers can face dark times of doubt and depression. In the wilderness, God cared for Elijah through simple acts of comfort, such as food and rest, highlighting the importance of holistic care for both body and soul. Ultimately, the story reminds us that God often speaks not in dramatic events but in quiet moments, inviting us to seek Him in the ordinary and to find solace in His presence during our struggles.

Discussion Questions

How can understanding our own fragility contribute to our faith journey, as discussed in the sermon?

- The sermon mentions that we all have limits and can experience burnout, disillusionment, and depression, showing that being human is part of the faith experience.

- In what ways do you think accepting our limitations can help you rely more on God? Can you think of a time when recognizing your limitations led to growth?

In 1 Kings 19, God communicated with Elijah through a whisper. Why is it important for us to recognize God in the quieter moments of our lives?

- The sermon highlights how God often speaks in quiet ways, contrasting this with our search for dramatic experiences.
- How can you create space for quiet moments in your life? What practices can help you listen for God's voice in those times?

How does Elijah's journey from fear and despair to meeting God at Mount Horeb reflect our own struggles and the potential for hope?

- The sermon illustrates how Elijah's experiences serve as a reminder that even the darkest times can lead us to deeper encounters with God.
- Reflect on a difficult period in your life. How can that experience help you or someone else find hope in challenging times?

Why do you think Elijah reacted with fear after his great victory on Mount Carmel?

- The sermon discusses Elijah's dramatic shift from confidence to fear after being threatened by Jezebel, showcasing how even strong believers can experience deep lows.
- Can you share a time when you felt overwhelmed or discouraged despite an earlier success? How did you deal with that feeling?

What are some practical ways we can care for one another during dark times, similar to how God cared for Elijah?

- The sermon emphasizes how God addressed Elijah's physical needs through rest, food, and comfort instead of just spiritual solutions.
- Think about a friend or family member who might be struggling right now. What specific actions could you take to support them?

Prayer

- Ask for prayer requests from the group.
- Ask God to provide comfort and support for those going through dark times.
- Pray for the courage to seek help and share struggles with others.
- Request God's guidance in finding peace during challenging moments.

Rewatch the Sermon

[Mar 23 2025- Chris Ross- Encountering God in Dark Times](#)