

# Home Group Questions

the week of 3/31/2019

1 Kings 19:1-18

## ELIJAH – OVERCOMING DEPRESSION

### GETTING STARTED...

This past Sunday, Pastor Mel continued his series on “Ordinary Superheroes of the Old Testament” with a study on Elijah. The study focused on Elijah’s battle with discouragement after his major victory of the prophets of Baal at Mt. Carmel.

### LOOKING IN THE WORD...

**1. Read 1 Kings 19:1-10.** What do you think was so unsettling for Elijah after this great victory in chapter 18? Think of times in your life when you’ve had mountain top spiritual experiences, or experienced some victories in your faith. How can those experiences, at times, set us up for discouragement? How can we avoid those times of discouragement and depression?

**2. Read Genesis 40:1-41:1.** Joseph must have had discouraging moments in his life as well. Joseph thought that his ticket out of jail was the restoration of the cupbearer, but he had to wait another two years in prison before he had his opportunity to interpret Pharaoh’s dreams. Discuss the roller coaster experience of Joseph and the times of discouragement he must have had. Is there anyone in your home group who may have had a similar set of circumstances in which they were discouraged but, looking back, they can see how the Lord worked it out?

**3. Read 1 Peter 4:12-19.** Peter reminds us not to be surprised by the trials that come. Why is that an important

reminder, and yet a disturbing truth for many believers? How do believers often encounter discouraging times because they don’t understand that the Bible tells us that in this world we will have tribulation and trials?

**4. Here are some applicational “Now Whats?”** to help overcome depression that come out of the study this week. Have various folks from the group look up these verses and discuss them along with each applicational point.

They were:

- 1) Remember the importance of having a heart that worships God.** Psalm 73:15-16; 23-28
- 2) Live a balanced life of serving and “drawing near” (doing and being)!** Luke 5:15-16
- 3) Reject paralyzing negative thinking.** 2 Timothy 1:7
- 4) Find joy and purpose in values that reflect God’s Word.** 2 Corinthians 4:5; 1 Corinthians 9:24
- 5) Identify changes that you can make to develop and strengthen significant relationships.** 1 Thessalonians 5:11; 1 Corinthians 15:33
- 6) Train yourself to serve others (and in so doing, you serve Jesus) even in the midst of your own struggles.** Philippians 2:1-5

Which of these applicational points do you think would most help you in moving past discouragement into a state of victory and peace in your life? Share other biblically based principles that have helped you overcome times when you feel depressed and discouraged.

### MOVING FORWARD...

Pray for one another, that each one of you would sense God’s victory, peace, and joy in your life when you encounter discouraging times.