

# Elijah

The Dark Times (1 Kings 19:1-9a)  
Life Group Questions – July 11, 2021



## Connect & Review

1. What is the lowest you have ever felt in life? What was helpful? What wasn't helpful?

## Investigate & Dig

1. Read **1 Kings 19:1-2**. What is the context of this story (what comes before it)? How is Jezebel an example of what Satan does to God's people? Have you experienced this? If so, when?
2. Read **1 Kings 19:3-5a**. Why do you think Jezebel's threat affected Elijah the way it did? Does this surprise you? Why or why not?
3. How does Elijah's situation offer us an example of how depression is often experienced? Which, if any, of the 5 ways Elijah faced depression can you relate to? Can you share a time when you experienced this?
4. Read **1 Kings 19:5b-9a**. What can we learn from God here both about how He responds to depression and how we can respond to others when they face depression?
5. Which of the 5 "helps" resonated most with you? Why? Whether you struggle with depression or not, will you implement any of them into your life? If so, which?
6. What does it mean to you that God is *El Roi*, the God who sees? Read **Hebrews 4:14-16**. How do these verses further reveal this in Jesus?

## Respond

Pray for those who are in a dark place right now, that you might know how to respond the way God responds.