



EXPOSED

FINDING TRUTH IN TURMOIL

Our God gives restoration & renewal to the weary.

Text: I Kings 19:1-5 NIV

1 Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 2 So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." 3 Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day's journey into the wilderness. He came to a broom bush, 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." 5 Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat."

Discussion Questions:

1. This sermon was about one person's struggle with the stress of feeling exposed (i.e., all alone) in his faith. There were 450 prophets of Baal and 400 prophets of Asherah; they were given favored status by King Ahab and Queen Jezebel. Despite a miraculous spiritual victory over the false prophets, Elijah was burned out and discouraged. All he could think about was that his life was threatened and everyone had abandoned God. He wanted to die. Does Elijah's struggle seem relevant to your life today? Discuss ways that living for God can be stressful in a society that has turned its back on Him.
2. Pastor Jared told about being physically sick with stress once (it was during a flight on an airplane). Can you relate to his story? How did you overcome it?
3. Pastor Jared said that "do not fear" is the most frequent command in the Bible. Can you think of other places in the Bible where this command is given? Discuss how those situations compare to the things that cause fear in your life. How would "leaning into God" help you to overcome your fears?
4. Several DO's and DON'TS were listed as a "prescription." Which of these do you need to either do or stop doing?
 - a. DON'T allow fear of men to overcome faith. (see note "a")
 - b. DON'T isolate yourself from others. (see note "b")
 - c. DON'T focus on the negative. (see note "c")
 - d. DO: Carve out time for rest & renewal. (see note "d")
 - e. DO: Listen to the voice of truth. To experience peace, we must exchange our lies for God's truth.
 - f. DO: Cast your cares upon Him. (see note "e")



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5. God met Elijah when he was alone in a cave. (I Kings 19:9-10). He invited Elijah to speak, “What are you doing here, Elijah.” After listening to Elijah’s complaint, and reminding him that he was no alone, God told Elijah to go, leave the cave (v 15). Have you spoken to God about what is causing you stress? What “cave” do you need to leave behind?
6. Isolation perpetuates feelings of fear and anxiety. How can you, as a group, help one another during times of fear and trouble?
7. Read I Kings 19:18 (see note “f”). God reminds Elijah that he was not alone. He does this, however, by saying that the faithful 7,000 had neither “bowed” their knees to, nor “kissed” the idols. Even today, faithful Christians are persecuted because they refuse to do seemingly minor things, such as say a few words of allegiance, or bow down before a false god. Discuss where you think we should “draw the line” in demonstrating fidelity to God in times of persecution.
8. Pastor Jared mentioned that 5 city blocks of fog can ground an entire airport. That much fog, however, is only about 1 glass of water. How is this an illustration of the nature of the stress Elijah was feeling?
9. Like He did with Elijah, how does God use moments when we are “exposed” to draw us closer to Him? Discuss how His promises can sustain us in such times.

Conclusion. Trust that God is working for His glory and for your good in all situations.

References:

- (a) **Fear.** 2 Timothy 1:7 “God has not given us a spirit of fear; but of love, power, and a sound mind.” Also, see Luke 12:4 “I tell you, my friends, do not be afraid of those who kill the body and after that can do no more.”
- (b) **Isolation.** Hebrews 10:24-25. “And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”
- (c) **Focus.** Matthew 6:33-34 “But seek first the kingdom of God and His righteousness, and all things shall be added. Do not worry about tomorrow, for tomorrow has enough worries of its own.”
- (d) **Rest.** Matthew 11:28-29 “Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.”
- (e) **Pray.** I Peter 5:7 “Cast all your cares on Him, because He cares for you.” See also Philippians 4:6,7 “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”
- (f) **The faithful 7,000.** I Kings 19:18 “Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him.”