

**Wednesday February 4th**  
**The Showdown - 1 Kings 18-19**

**Opening**

What's your favorite "emotional support" food?

**Digging Deeper**

Message Review: In chapters 18 and 19 we read about God sending the prophet Elijah to confront King Ahab and the prophets of Baal on Mt. Carmel. God shows himself to be the true God by sending fire out of heaven, and in turn, Elijah kills the false prophets. He then prays for the drought to end and the rains quickly come. But not all ends well. The prophet is soon on the run from Queen Jezebel and he's described as fearful, frustrated and exhausted. The focus of our discussion will be on how God encourages His servant. **READ** 1 Kings 19:4-10

1. In verses 5-7 we see the first thing God does to encourage Elijah is provide food and rest. Compare this to 1 Kings 18:46. Why do you think God strengthened Elijah supernaturally then, but provides food and rest now? How might a person's physical condition impact their emotional or spiritual condition?
2. It seems in verses 8-9 that God strengthened Elijah to make a long journey to a place he didn't really need to be. Why might God do this? Do you think this helped Elijah? If so, how?
3. In verse 10 (and again in verse 14) Elijah answers the Lord and lays out his complaint. Is this prayer based on facts or feelings or both? What makes it a good prayer?
4. In verse 15, God's answer to Elijah's disappointment is to simply put the prophet back to work. What effect do you think this command had on Elijah?

**Application**

1. Make a short list of the things God did to encourage Elijah. Identify parallels to our lives and the way the Lord encourages us.
2. Make a short list of the things Elijah did in the text. Identify any good examples we can follow when we face discouragement.

**Prayer**

1. What is something from this passage that we can pray for?
2. Pray for personal needs.