

## Small Group Questions | The Prayer Filled Life | 1 Kings 18:41-46



This week we are continuing our series “Elijah: A man like us” and we focus on a part of his story that doesn’t get a lot of attention. Elijah may be best known for his showdown with the Prophets of Baal, or his incredible mountain top encounter with God, who shows up to him in the “still small voice,” and yet in between these two events we get a glimpse into who Elijah is, we see the character of Elijah. And what we learn is that Elijah was a man devoted to prayer. In this small passage we learn about the posture and power of a life devoted to prayer.

1. Read 1 Kings 18:41-46. You may want some to first recap 1 Kings 18 up to this point.
2. As you read the passage, what if anything jumps out to you? What word or phrase maybe stands out? Why?
3. 1 Kings 18:42 says Elijah put his body in a posture of prayer (interestingly it never explicitly says the word “prayed”) but rather in humility put his face to the ground between his knees. Have you ever noticed how interconnected our bodies and our souls are? Oftentimes we feel our stress or anxiety in our bodies. We feel our weariness. But just as the soul affects the body, so here we see the posture of our body can affect our soul. Have you ever tried to align your body with where your soul is? Maybe kneeled in prayer, raised hands in worship? How was that for you?
4. Read 1 Kings 18:1-2. It appears Elijah is praying for something God already says was going to happen. Why do you think he does that? What do you think this says about how we pray? Or the purpose of prayer?
5. “Prayer at its highest is a two-way conversation and for me the most important part is listening to God's replies.” — Frank C. Laubach. 1 Kings 18:43 says 7 times Elijah sent someone to look for rain clouds. Have you ever gotten discouraged in prayer, felt like God doesn’t answer. Or maybe given up, prayed about something and then forgot to even look or listen for a response from God? Share practices you have found if any that may help you be expected in prayer.
6. 1 Thessalonians 5:16-18 talks about praying without ceasing. Elijah lived that kind of life. The reality is there are numerous ways to pray, corporate prayer, contemplative prayer, intercessory prayer, prayers of adoration, prayers of thanksgiving, breath prayers, healing prayers, prayer journals, prayer walks, and the list goes on and on. Share with each other practices you have found helpful.
7. Joey mentioned that we see in the life of Elijah that a powerful prayer life makes for a powerful disciple. Elijah quite literally outran a chariot, but have you ever experienced a sense of peace or renewed strength when you pray. Describe that time.

8. Close in a time of prayer. Pray corporately together, ask that God would allow you to be more mindful and pray throughout your weeks.