



In James 5, we read that Elijah was a man just like us. That statement comes to light in our passage today. In 1 Kings 19, we read that Elijah is exhausted, alone, and ready to quit ministry. His life is threatened by the evil ruler Jezebel, and he is ready to leave. In his darkest moment, we see God comfort and restore Elijah. Elijah chooses to flee Israel and ends up in a cave, having a conversation with God. What seems to be the lowest point of Elijah's life becomes a moment of finding clarity in the will of God. In the quiet, God speaks life into the exhausted prophet. If you've ever been exhausted or deflated, allow this passage of Scripture to be an encouragement to you.

1. Think of a time in your life when you were exhausted or deflated. You might have been battling a tough situation or fallen into a period of depression. What was that time in your life like, and how did you navigate it?
2. Read 1 Kings 19:1-9. In this passage, we read that Elijah's life was threatened, and God took the time to comfort him in his distress. Share about a time in your life when you were deeply afraid, and how you overcame that fear.
3. In his distress, we read that God comforted Elijah; God never forgot about him. Read Psalm 23:1-3, Isaiah 40:31, Matthew 11:28-29, and 1 Samuel 30:6. How can we allow God to refresh us in some of our darkest moments?
4. Read 1 Kings 19:9-10. Elijah felt alone and discouraged by the spiritual condition of Israel. He longed for God's people to worship God. Looking at your life, what are some things that can bring deep discouragement in your daily life?
5. Read 1 Kings 19:11-13a. Many of us would love to hear the voice of God in the same way Elijah did. Read 1 Samuel 3:10, Psalm 5:3, John 10:27, and Revelation 3:20. How can we posture our lives in a way to hear the voice of God? Why does God often not show up in the ways we expect?
6. Read 1 Kings 19:13a-18. The conclusion of our story is that God recommissioned Elijah back to ministry; He gave Elijah a new ministry assignment. Elijah obeys what God asks of him. Where do you struggle with obeying God's commands?
7. One of the things Elijah complained about was feeling alone in ministry. It appears that Elisha will now be a ministry companion. Share with your group how doing life with others has encouraged your faith.
8. Close your time in prayer. Pray for the strength to invite a friend to meet Jesus.