



# MY GREATEST DAY OF FAITH

## FAITH IN DISCOURAGEMENT

1 Kings 18:46 – 19:18

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### MESSAGE NOTES

*And the hand of the Lord was on Elijah, and he gathered up his garment and ran before Ahab to the entrance of Jezreel. — 1 Kings 18:46 (ESV)*

*Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, “So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow.” — 1 Kings 19:1 – 2 (ESV)*

*And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, “Arise and eat.” And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. And the angel of the Lord came again a second time and touched him and said, “Arise and eat, for the journey is too great for you.” — 1 Kings 19:5 – 7 (ESV)*

#### **In the face of discouragement:**

- **Eat, drink, sleep**

*“You will break the bow if you keep it always bent.” — Old Greek Proverb*

*And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God. There he came to a cave and lodged in it. And behold, the word of the Lord came to him, and he said to him, “What are you doing here, Elijah?” — 1 Kings 19:8 – 9 (ESV)*

- **Go find out who the LORD is**

*He said, “I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.” — 1 Kings 19:10 (ESV)*

*And he said, “Go out and stand on the mount before the Lord.” And behold, the Lord passed by, ... — 1 Kings 19:11 (ESV)*

*The Lord passed before him and proclaimed, “The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands, forgiving iniquity and transgression and sin ...” — Exodus 34:6 – 7 (ESV)*

*... and a great and strong wind tore the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake. And after the earthquake a fire, but the Lord was not in the fire. And after the fire the sound of a low whisper. — 1 Kings 19:11 – 12 (ESV)*

*He said, “I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.” — 1 Kings 19:14 (ESV)*

*And the Lord said to him, “Go, return on your way to the wilderness of Damascus. And when you arrive, you shall anoint Hazael to be king over Syria. — 1 Kings 19:15 (ESV)*



# MY GREATEST DAY OF FAITH

- **Minister in your gifts**

*Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.” — 1 Kings 19:18 (ESV)*

- **Know that you are not alone**

## DISCUSSION QUESTIONS

- Discussion Starter: Share what one of your favorite “soul-foods” is and why.
- There is an old Greek saying that says, “You will break the bow if you keep it always bent.” What does that look like in everyday life and what are some of the warning signs that we are getting close to being broken.
- What key truth did you take away from the teaching this Sunday?
- Why are basic nourishment and rest such key parts of finding restoration in the midst of discouragement?
- Besides the Bible and being a part of a church family, what are some great places to discover more about who Christ is? Share one of your favorite verses when you face challenges times.
- We often are looking for the big and miraculous yet God often comes with His healing truth and His very presence. Why can God showing up in the quiet be such a powerful source of hope? What are some things God uses to help us know He is there?
- Why does the path to healing sometimes require us to be using the gifts God has given us to encourage and serve others?
- Discouragement can bring a great sense of loneliness. Why do we have a hard time seeing the people around us when we are facing challenges? How might God want you to be seeing that you are not alone right now?
- How is it possible to “have the hand of the Lord upon us” and at the same time also be discouraged? What did this look like for Elijah?