



# Elijah: Moving Beyond Your Darkest Valley

**WORSHIP (15 MINS)**

**10-20-2024**

## Venue: Home gatherings

Sing one or two songs or play a song from You Tube.

## Venue: Public place (school, café, park, etc.) or Via Online,

Testimonies: **“What is your “high” or “your “low” this past week?”**

Ask someone to do the opening prayer:

**WELCOME (15 MINS)**

## Welcome guests/first-time visitors.

Memory Verse for the week: **Philippians 4: 6-7 NIV**

Quotes: **“Mental health is just as important as physical health, and we need to take care of both.”** — Michelle Obama (Former US First Lady)

**“I think it’s very important to talk about mental health and not let it be something that people are afraid to talk about.”** — Prince Harry (UK)

**WORD(30-45 MINS) Text:1 Kings 19:1-4 NLT**

**Intro:** Elijah, though one of the most powerful prophets in the Bible, was never exempted from moments of deep depression. In 1 Kings 19, after a great victory over the prophets of Baal, Elijah experiences profound despair and anxiety, feeling isolated and wanting to give up. How did Elijah move past the valley of the shadow of death?

**Main Text: Read 1 Kings 19:1-4 NLT**

### 1. LIKE ELIJAH, WE MUST TURN TO GOD IN PRAYER. - Read Philippians 4: 6-7 NIV

Our main text shows that in the midst of Elijah's depression, he turned to God in prayer. The Apostle Paul told the believers in Philippi to pray and not to be overwhelmed by discouragement, depression or anxiety, because God understands the reasons behind our struggles and anxieties. He longs to grant us peace and guide us through, helping us overcome both the depression and the challenges we face.

**Q:** *When was the last time we felt so discouraged or depressed?*

**Q:** *What has been the most discouraging situation we have ever been through in life? How did we cope and come out from that situation or situations?*

### 2. LIKE ELIJAH, WE MUST TAKE TIME TO REST & RELAX - Read 1 Kings 19: 5-7 NIV

We need to take time to observe rhythms of Sabbath rest by engaging in activities that restore your energy. God, as our source, calls us to rest and replenish, as He did with Elijah, who was encouraged to eat and sleep. By following God's example of rest in the Ten Commandments, we renew our energy, stay receptive to His guidance, and build resilience for our purpose.

**Q:** *What kind of activities can help us feel rested and replenished?*

**Q:** *How can following a “rhythm of rest” make a difference in your daily life?*

### 3. LIKE ELIJAH, GOD WANT US TO WAIT ON HIM - Read 1 Kings 19:8-13 NIV

Elijah positioned himself to hear from God by going to Mount Sinai, “God’s mountain,” with a heart open to listen. Mount Sinai holds deep spiritual significance as the place where God revealed Himself to Moses and established His covenant with the Israelites, representing divine encounter and communion with God.

**Q:** *What can we do to “position” ourselves to hear from God more clearly?*

**Q:** *Where do we go to find a place of spiritual refreshment and encounter with the Lord on a regular basis?*

## Application:

God wants us to intentionally go to a quiet place even for prolonged season depending on the situation we are in, to seek God to hear His voice. He will surely speak if we will sincerely seek Him.

## Leader’s Tips:

- S - Sensitivity. No one should feel left out.
- P - Participation is encouraged.
- A - Acknowledge. Make guests feel welcomed.
- C - Confidentiality. What is shared stays in the group.
- E - Encouragement. Be a blessing to one another.

### 4. LIKE ELIJAH, GOD WANTS US TO FOLLOW HIS INSTRUCTIONS - Read 1 Kings 19:15-16 NIV

After God asked Elijah twice what he was doing at Mount Sinai, and receiving the same response both times, God gave him his final assignments. Elijah didn't die yet, till he accomplished everything He was called and destined to do.

**Q:** *How can listening for God's guidance help us during difficult times?*

**Q:** *What do you think is the Lord trying to communicate or teach you when you go through times of struggles?*

**Q:** *How can trusting and following God's Word help you find His purpose for your life?*

## Application:

During difficult times, such as burnout, discouragement, or depression, it's essential to listen for God's guidance. Seek God's Word that can help lift us from your current struggles and lead us into the exciting adventures He has planned for us. Trust and obey God and we will see God's great purpose fulfilled to the very end.

**Reflection:** Louie Giglio, pastor and leader of the Passion movement, shared his personal struggles with depression during a difficult time in his ministry. Despite his faith, he experienced hopelessness, prompting him to seek help. He advocates for mental health awareness, encouraging others to be open about their challenges and seek support through God's grace, community, prayer, and professional help.

**Conclusion:** Elijah finished strong by listening to God's gentle whisper, even in his darkest moments, and passed on a powerful legacy to Elisha. In the same way, God can use our challenges as the foundation for lasting success and a legacy for future generations if we listen and follow His guidance.

**Q: What's your take away from this lesson?**

## What is your take-away from this lesson?

### WORK: The Challenge (15 mins.)

**P- Pray** for one another. Ask *“what can I pray for you?”*

**R- Remind** to invite a friend on the next gathering.

**A- Apply** the message during the week.

**Y- Yearn** to share your faith with someone during the week.