

Elijah: Learning to Follow God
God's Prescription for Discouragement
1 Kings 19:1-21 (page 247)

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We can become disillusioned when God doesn't do things the way we think He will do them (19:1-4)

When that happens we can become:

- confused by our own expectations of victory (v 1; Matt 11:1-6)
- unsettled by fear (vs 2-3a; 1 Peter 5:8; Matt 10:28-31)
- prone to isolation (v 3b; Heb 10:25; Galatians 6:2)
- immobilized by self-pity (v 4; John 16:33)

God graciously gives us a fresh revelation of Himself and His methods (19:5-21)

God brings us to a place of:

- rest and refreshment (vs 5-8a; Psalm 91:1-2; Matt 11:28-30)
- a fresh understanding of Who He is (vs 8b-13; Job 42:1-6; John 20:24-29)
- receiving a redirection of our ministry (vs 14-18; Acts 9:1-5, 10-15)
- serving Him in relationship with others (vs 19-21; Ecc 4:9-12; 1 Cor 12:14-26)

Going Deeper...

Have you ever been disillusioned with God because He didn't work in a situation or circumstance of your life the way you thought He would or should? Be specific and discuss what happened. _____

Elijah was physically exhausted and emotionally spent. From your own life, describe the relationship between physical fatigue and discouragement. When was the last time you relaxed? What was the result? _____

Separating ourselves from others in the difficult periods of our lives is commonly how we deal with our discouragement. Do you agree with this statement: "*Discouraged people are often lonely people*". Why do we tend to isolate ourselves at these times? _____

Do you need a fresh revelation of Who God really is? Are you looking for Him in all of the manifestations of His power? Can you be quiet enough to hear the still, small voice of His Word? Discuss. _____

William Ward described discouragement with these words:

Discouragement is dissatisfaction with the past, distaste for the present, and distrust of the future. It is ingratitude for the blessings of yesterday, indifference to the opportunities of today and insecurity regarding strength for tomorrow. It is unawareness of the presence of beauty, unconcern for the needs of our fellowman, and unbelief in the promises of old. It is impatience with time, immaturity of thought, and impoliteness to God.