



## Sermon Study Guide

Sunday, August 9, 2020

*Desiring the Kingdom: A Dark Night of the Soul*

1 Kings 19:1-8

**Key verse:** *And he lay down and slept under a broom tree. And behold an angel touched him and said to him, “Arise and eat.”* 1 Kings 19:5 (ESV). Key idea: In Elijah’s depression, the Lord ministered to him in ways which give us insight into our own moments of despondency, and which point us to the greatness of Jesus and the hope of the gospel.

Read through 1 Kings 19:1-8. We also recommend watching Sunday’s sermon again on the White Fields website, YouTube channel, or Facebook page. Pause the video, reflect on, and discuss areas that challenge you or speak to you in a significant way.

**1.** Read 1 Kings 19:1-3 aloud. Knowing what had occurred in 1 Kings 18 regarding God’s victory over the prophets of Baal, how is it possible that Elijah would now retreat in fear? Can you recall any instances in your life that are relatable to the feelings that Elijah experienced? If so, what helped you through it?

**2.** Read 1 Kings 19:4 aloud. Describe Elijah’s state of mind in this passage. Now read 2 Corinthians 1:8 aloud. Does Paul’s state of mind in this passage resemble Elijah’s? Now read 2 Corinthians 1:9-10. What was Paul’s recommended solution to this state of mind? Does this give you hope that God will deliver you from moments of discouragement? Discuss the hope we have in Christ.

**3.** Read 1 Kings 19:5-8 aloud. How did God provide for Elijah in response to his depression? What lessons can we learn from these verses? Do you see an application in your life to maintain mental as well as physical health?

**4.** Pastor Nick pointed us towards Ephesians 6 as he discussed the spiritual battle we are fighting against satanic forces which threaten our lives in many ways? Read Ephesians 6:13-18. Discuss the weapons, both defensive and offensive that Paul tells us to use in our battle. Which weapons have proved the most effective in your life? In what way?

**5.** Pastor Nick pointed out that God gave Elijah rest, bread and water to help him through his depression. How do these things point us to Jesus? Read Matthew 11:28, John 6:48, and John 4:10 aloud and consider how these passages answer the question.

Continue to pray for our pastors, the members of our church, and our community. Pray that our church will be a refuge to those seeking to find and draw closer to God.