



Elijah & The God Who Refreshes



WELCOME

Grab a drink and prepare to take a journey with God.

Share with others one event that you believe it is the best or the worst day in your life.

When you are tired, stress or even had a bad day, what's the one thing you will do to lift your spirit?

WORSHIP

Get into a space that you are comfortable with and spend some time singing praise and listen to God. Pour your heart out to Him.

Some song suggestions:

- Be Our Strength – Citipointe Live
- Through It All – Hillsongs
- You Are My All in All

WORD

Elijah and God versus the 450 prophets of Baal and the gods that Jezebel, Ahab's wife, had introduced into the land. It took place on Mount Carmel in front of the king and his people. God answered Elijah's prayer and send fire down to lit the offering. Elijah scored a stunning victory and the prophets of Baal were slaughtered. Then, Elijah went to the top of Mount Carmel to pray for rain the nation was facing drought for 3 years. And it did rain.

Read 1 Kings 19:1-18

We could see God is on Elijah's side and he made it clear to those around him. After that, Jezebel threatened to kill Elijah. We could see Elijah fleeing from Jezebel. Something does not fit in here. Imagine if God could do such amazing things through Elijah, why does he have to run from Jezebel? What happened to the fearless prophet who confronted the king? Why does a man with such strength of faith have to run away?

Read through the passage and you could use these questions to help you:

1. Why would God whisper instead of shout?
2. How did God turn Elijah's thinking around? Did he yell at him?
3. Look at the measures God took to comfort Elijah. He sent an angel:

- What did the angel do?
 - After Elijah ate the meal prepared for him, where did he go? Why?
4. What is the significance of how God appeared to Elijah?
 - Wind? Earthquake? Fire? Still small voice?
 - Why in that order?
 - Why is it important to know God as the still small voice?
 5. Why was Elijah upset with God? (He thinks he is the only prophet left). How many people in Israel followed God? (7,000)

Are there times like this in your life? Today you could be running away like Elijah. We could be facing physical exhaustion, stress, depression, relationship conflicts, doubts, wounded heart, spiritual exhaustion and etc.

It's interesting that God did not give Elijah instant relief to his problems. We could see God is restoring Elijah in stages. God sent angels to give him food, lead him to Horeb, appeared to Him, listened to Him and gave him some facts and promises. Some bible verses about the God who refreshes.

Psalm 19:7; Psalm 23:1-3; Jeremiah 31:25; 2 Timothy 1:16; Psalm 68:9

As we read through the passage, things of this world such as food and sleep could only temporarily tend to our problems (1 Kings 19:5-8). Elijah needed more than that. When we need refreshing, the thing we need above all is God himself. Through Elijah's conversation with God, we know that God is in charge and He has a plan.

God is always in control behind the scenes, even on "ordinary" days.

WALK

You could have been reminded on how God has lead you through your hardest time, please do share your testimonies to encourage people in your life group

You could use these questions to help you reflect on the passage

1. What did you learn from this experience?
2. How can you help others?
3. Why is it important to learn how to deal with discouragement, frustration, and rejection?

PRAYER

Lord, strengthen my weary heart and lift me up. When I am dry, fill my cup. Revive me with when I am dying. Help me find time of refreshing in Your presence. As You refresh us, help us to refresh those in need. Amen