

For the week of August 30, 2020

Preacher: Paul Taylor

What Faithfulness Feels Like

Seventh week in the series: Prayers For the Moment

1 Kings 19

Elijah was a faithful man of God. But in this story, we will see him in a very dark place -depressed, anxious, and suicidal. Many of us will recognize some of the feelings he experiences. We will come to see that faithfulness to God often includes difficult times. But we will also see how God responds – not necessarily with a fix to the problem, but with his presence and provision in the midst of it.

Discussion Questions:

1. Have you ever felt extreme disappointment after a big success in your life?
2. When do you tend to feel overwhelmed, hopeless, discouraged or alone?
3. How can you pay extra attention to your mental health during this time?
4. What kind of comfort have you received from God during challenging seasons of your life?
5. How does the mission God gives us help us with our mental health?