

Small Group Discussion Questions

Following the Weekend of Sept 21-22, 2024

No need to answer every question. Feel free to jump around.

Elijah's Emotional Crash

(I Kings 19:1-9)

Alan Kraft, Lead Pastor

Group Interaction & Application

Read aloud together I Kings 19:1-9.

What words, phrases, concepts, or images from these verses stand out to you as you just read them, or create a curiosity for you in some way?

What aspects of Pastor Alan's message gave you fresh insight into this passage, or helped you the most in understanding these verses and what we experience here?

If you are comfortable sharing, when have you experienced an emotional crash?

How did you respond to this crisis?

How do you typically respond to anxiety, fear, anger, discouragement?

How do you respond to the fact that even someone of Elijah's stature was prone to an emotional crash?

How in tune are you typically to your emotions?

If you compare your emotions to your car dashboard, are you typically more likely to read and react to the warning lights or to look away from them? Elaborate why either is the case.

At first glance it may appear Elijah is running from his problems (vs 3), but upon a deeper look, Pastor Alan sees Elijah moving towards God (vs. 4).

When have you tried to flee from negative emotions?

How did this turn out?

When have you moved towards these emotions?

What did this look like?

How did this turn out?

If you ever pray, "I have had enough!" to God, share what it is like for you to get to this emotional space?

When you do bring your emotions (and specifically your negative ones) to God, what does this typically look like (journaling, prayer, time alone, time with others)?

How tempted are you to compare your current emotional state to others (vs. 4)?

When/if you do this, what is the typical outcome?

When you find yourself in an emotional crisis, where, if anywhere, are you tempted to turn other than God?

How does this typically go for you? Helpful? Unhelpful? Destructive?

How has God responded to you when you have brought your heartaches to Him?

If there are current emotions in your life that maybe you have been neglecting, and if you are comfortable sharing, what are you currently experiencing and why are you potentially covering over these feelings?

What are you currently needing to bring to God?

Conclude by praying for one another in taking practical next steps in applying this weekend's message and group discussion, after which pray for group needs and concerns.

Messages are available in audio or video on our App or at cccgreeley.org.