



THE REST OF JESUS

Nov 20

Sermon Notes | 1 Kings 19:1-8

Message discussion: What stood out to you in this week's message? Questions? A way God moved you to respond?

Passage reflection: Read 1 Kings 19:1-8. What stands out to you in these verses? Is there something you hear God saying to you? How can you respond to what He is saying?

1. Read 1 Kings 18:17-46 Put yourself in Elijah's shoes. What emotions do you think you would have felt after the events with Ahab and the prophets of Baal?

2. Read 1 Kings 19:1-21. What statements does Elijah make that give us an indication of his emotional condition? How does the story describe his physical condition?

3. Read Mark 4:35-38 & Mark 6:30-31. Prior to the conversation that Elijah has with God at the cave, what does God do to care for Elijah's physical needs? Why do you think God takes care of Elijah's physical needs before discussing the things Elijah was discouraged about?

4. Are you getting the rest and nutrition your body needs? Why or why not? Do you see these things as a spiritual issue affecting your ability to rest in Christ? Are you willing to work on them?