

SERMON DISCUSSION QUESTIONS

BLIND SPOTS

While anyone can take time to answer these questions individually, these questions are best discussed in a group! Not in a group yet? We want you in one! Head over to southeastchristian.org to join a group in person or online, wherever you are - today!

God's people are not exempt from feelings of despair. Though this emotion can sometimes take us by surprise, God knows exactly what we need so that we don't face those moments alone.

"I have had enough, Lord..." Elijah's prayer (1 Kings 19:4) is one many of us can relate to. Is there ever a time in your life when you felt this way? What led you to that point? Did your despair in that moment catch you by surprise? Why or why not?

Read 1 Kings 19:1-18. Why do you think Elijah came to this moment of despair? What were some circumstances that led him there? How did his own choices push him further down that path? In what ways can despair push us to make destructive choices? How have you experienced this?

Isolation and despair can create a vicious cycle in our lives. Why does our sadness often push us away from other people? How does this isolation, in turn, contribute to our sense of despair? What are some practices/habits that can be helpful to keep us out of these cycles?

Why is it significant that God showed up not in the fire or earthquake, but in the whisper? What does Elijah's experience here teach us about God and how He comforts us? What importance does this place on the practices of rest and Sabbath in our lives?

To help in his despair, God gave Elijah a new assignment and a new friend. How would these provisions have helped him? Put yourself in Elijah's place. Which of these two blessings would have encouraged you the most? Why? What would it look like for God to do something like this in your life?

Read 2 Corinthians 4:8-18. How did the apostle Paul keep his circumstances from leading him into despair? How did maintaining an eternal perspective help him to hope? How important is it for you to maintain focus on eternal things in the midst of temporary troubles? What are some ways we can encourage one another in this practice?