



# MORE TO THE STORY

## MESSAGE NOTES & SMALL GROUP DISCUSSION GUIDE WEEK 3 – FROM PINNACLE TO PIT 1 KINGS 19:1-19

### WHAT ELIJAH DID THAT LANDED HIM IN THE PIT

- Elijah became controlled \_\_\_\_\_ and not faith.

*<sup>3</sup> Elijah was afraid and ran for his life*

- Elijah exceeded his \_\_\_\_\_.

*<sup>4</sup> I have had enough, Lord.*

- Elijah thought he deserved \_\_\_\_\_.

*<sup>4</sup> I am no better than my ancestors.*

- Elijah was more focused \_\_\_\_\_ than his Master.

*<sup>10,14</sup> I have been very zealous for the Lord God Almighty.*

- Elijah became \_\_\_\_\_.

*<sup>10,14</sup> I am the only one left.*

### WHAT ELIJAH DID THAT HELPED HIM GET OUT

- Elijah \_\_\_\_\_ God.

*<sup>8</sup> He traveled 40 days and 40 nights until he reached Horeb, the mountain of God.*

- Elijah \_\_\_\_\_ God.

- **Elijah \_\_\_\_\_ God.**

*<sup>12</sup> After the fire came a gentle whisper.*

- **Elijah \_\_\_\_\_ God.**

*<sup>19</sup> So Elijah went from there and found Elisha.*

## **WE CANNOT DO THIS ALONE**

- Suicide Prevention Hotline – 988
- prayer@bvchurch.org
- wjohnson@bvchurch.org

God has made a way for us to move from the pit to the pinnacle, but we must be willing to follow it.

## **DIGGING DEEPER**

1. It seems like the church has a difficult time talking about mental illness. Why is that?
2. If you were struggling with depression or suicidal thoughts, would you share that with another follower of Jesus? Why or why not?
3. How does hearing the rest of Elijah's story effect your life and walk with Jesus today?
4. A change came in Elijah's life when his was driven by fear and not faith. (I Kings 19:3) What are some spiritual principles you have applied when you encounter controlling fear in your life?
5. Elijah felt he had had enough. He could do not more. (I Kings 19:4) Does God give us more than we can handle? What key point was Jesus making in John 15:1-8?
6. Elijah thought he deserved better than what God was giving him. (I Kings 19:4) Do we really want God to give us what we deserve? List some of the blessings we receive every day that we don't deserve.
7. Elijah was zealous for God but may not have been walking closely with God. How do we live a Mary life in a Martha world? (Luke 10:38-42)
8. Elijah became isolated. (I Kings 19:10) He felt all alone. Maybe even abandoned. What can we do so that such isolation doesn't happen in our lives?