

# Life Group Questions

## Part 1: How to Build Damaged Hope

### Connecting Question:

Was there ever a time in your life when you lost all hope?

Read 1 Kings 19:1-15.

1. In the previous chapter, Elijah had seen God's power and performed many miracles in his name. Why do you think Elijah responded to Jezebel's threat with fear?
2. The angel of the Lord meets Elijah in the wilderness, but doesn't give him the answer he's seeking. He tells him to rest and gives him enough food to sustain him on the next part of his journey. Why draw out this encounter for 40 days?
4. God is made known in the silence and not in the loud manner of the earthquake or fire. Can you relate to this part of Elijah's story? Have you ever experienced God in the midst of silence?
5. In what ways can you relate to Elijah when he says, "I have had enough?"
6. Like Elijah, when we lose hope we may be tempted to hide in a cave from our fears. How do you respond to hopelessness? What kind of "cave" do you find yourself in when you're afraid?
7. God tells Elijah to "Go back to where I've called you." Have you ever experienced a time when God's presence helped direct you back to where he wanted you to be?
8. What difficulty have you been avoiding and how might you plan to go back to where God has called you?