

GOD'S RESPONSE TO ANXIETY AND DEPRESSION

1 Kings 17, 18, 19
The Chapel

May 26, 2024
Paul Klouse

■ SERMON QUESTIONS:

Begin with prayer. Choose a few questions to discuss. End your group time by praying for each other.

■ CONVERSATION STARTER:

What has been your personal experience with anxiety and depression? How did hearing this message impact your understanding of the two?

1. How does the Bible's inclusion of stories about anxiety and depression help break the stigma around mental health issues?
2. Elijah had public highs and private lows, which included anxiety and depression - despite his faith and miraculous experiences. Share a time in your life when you experienced a significant high followed by a low. How did you navigate that? Where did you see God's presence during that time?
3. How does the story of Elijah's public highs (1 Kings 17-18) inspire you in your own faith journey? How do you handle moments where you feel spiritually high, like Elijah did after the fire consumed his sacrifice?
4. How can we relate Elijah's bravery in confronting King Ahab to modern situations, where standing up for our faith is challenging?
5. Share a time where you felt God's provision during a time of need, similar to how God provided for Elijah.
6. Read 1 Kings 19:3-5. What can we learn from Elijah's reaction to Jezebel's threat, and how does it reflect our own responses to fear and anxiety?
7. Read 1 Kings 19:5-13. How does God's gentle and generous response to Elijah offer comfort and/or encouragement to you in times of depression or anxiety?

■ APPLICATION QUESTIONS:

1. God responded to Elijah's despair with generosity and gentleness. Think of someone in your life who may be struggling with anxiety or depression. What specific actions can you take to support them in a way that reflects God's care?
2. What role does community play in supporting individuals experiencing mental health challenges, and how can we/the church improve in this area?