

## Small Group Curriculum

Series: Elijah

Sermon: Part 4: Dealing with Depression

Scripture: 1 Kings 19:1-18

Date: December 5, 2021

### Worship

Listen to a Worship song (If you need suggestions, you can use one from the YouTube Playlist for this week) or express something that you are thankful to God for.

### Welcome

- Check In – How is everyone doing (good things, lessons learned, prayers answered)?

### Word

- What types of things get you down the most?
- Read I Kings 19:1-18
- How does fear sometimes create depression? What types of fears can have a grip on you?
- Immediately following a great victory, Elijah became depressed. 1 Kings 19:3-5 illustrates four common contributors to depression: Elijah wore himself out, shut people out, focused on the negative and forgot the faithfulness of God. Of these four, which one is your most common challenge in your own life?
- The most spiritual thing we can do is rest. While that sounds so easy, why is it so hard for most of us to rest? What are some things you can do to have more rest in your life?
- Elijah honestly believed he was the only faithful one left. God replaced this lie with the truth: there were actually 7,000 others who still were faithful. Can you name a similar lie that you believed to be true? How did God reveal His truth to you?
- God spoke to Elijah with a gentle whisper. Describe a time when God spoke to you with a gentle whisper. What did He say to you?
- What is something you need to apply in your life?

### Witness

How can we help others that are going through a time of depression?

### Prayer

Pray for any concerns that you have.