

A King for the People & a People for the King  
**1 King 19** | Trent Thompson

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Discouragement can come at unexpected times and for unexpected reasons. (1-3)

Starting down the road of quitting doesn't mean you have to keep going down it. (4-8)

Part of being restored is having our physical needs cared for. (5-8)

Our greatest need to be restored is an experience of God's presence. (9-18)

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## DISCUSSION QUESTIONS

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1. Read I Kings 19. Have you heard this story before? If so, how would you have summarized the lesson of this chapter? Would your summary change at all after our time in this text on Sunday?
2. Have you ever been discouraged at an unexpected time or for unexpected reasons? How did you approach this situation and work through it?
3. Is there any work/relationship to which God has called you in which you are walking in the direction of quitting? Do you believe this is His direction or might He say “return” to you as He did to Elijah?
4. When you are hurt do you look to your physical needs well or not? Why? What does it say to you that God intentionally gives Elijah sleep, food, and water?
5. How would your approach to being hurt or discouraged change if you believed God’s presence was your first and greatest need to be healed and restored?
6. Where are you hurting right now? How can those in your life group help you move towards healing and restoration in the presence of God?

**Memory Verse:** I Kings 19:12-13

*<sup>12</sup> And after the earthquake a fire, but the LORD was not in the fire. And after the fire the sound of a low whisper. <sup>13</sup> And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, “What are you doing here, Elijah?”*

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