

WHOL-I-NESS

In My Emotional Life - I Kings 19:1-18

November 12, 2008



Question to consider: When you were a child there were times you would become discouraged, hurt, and sad. What did you do, where did you go, and who did you run to?

1. Why did Elijah run to the desert and pray to die?
2. What did Elijah need the most?
3. What was God saying to Elijah through the gentle whisper?

1. Elijah ran away not from his everyday life but from his responsibility and service. Think about what responsibilities the Lord has placed on you. What service has He called you to? Do you ever feel like running away from it all?
2. Have you ever asked (or cried) to the Lord for help or an answer to a problem and been met with silence? How did you feel?
3. Do true Believers ever become depressed? If they do, is it a sign of unbelief or lack of faith? If they don't, is it a mark of spiritual maturity? Why or why not?
4. When is a time you felt like you couldn't go any further? What got you so discouraged? What got you going again?
5. Why does God not always bring physical or emotional healing all at once, if at all?
6. Do you have a "hiding place" where you go to be refreshed?
7. As sisters in Christ, not only should we want to pray for one another, we have been commanded to pray. TODAY, how can this group pray for you?



You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. . . I will instruct you and teach you in the way you should go; I will counsel you and watch over you. . . Many are the woes of the wicked, but the Lord's unfailing love surrounds the man (woman) who trusts in Him.

Ps 32:7, 8, 10

