

## **God Helps Small Group Guide**

**Warm-up Question:** (Choose one, make up your own, or skip this part all together, depending upon the nature of your group.)

1. If you had to give a 5-minute “How-to” video on any subject of your choice, what would you choose?
2. When is the last time you left your house or apartment, and what did you do?

**Read the following passage:** 1 Kings 17:7-16.

Elijah ministered during a very dark time in Israel. The king of Israel openly worshiped pagan deities, and massive numbers of people were led astray. As an act of judgment, God withheld rain from the land. In the middle of this darkness, God extended mercy to a widow and her son. Centuries later, Jesus saw in this event a picture of the mercy God would extend to the nations beyond Israel.

**Questions for Discussion** (Choose several that are relevant for your group):

1. In the ancient world, women without adult male family members were in an extremely vulnerable position. But God helps us when we're weak. What is one way you have felt weak in recent weeks or months? How do you think God wants to help you in your weakness?
2. Elijah tells the widow from Zarephath not to be afraid. Given her circumstances, she had every reason to be afraid. Hope was gone and death was imminent—for her and her son. But God was present to help her. What is one area of your life in which you find yourself wrestling with fear? Read 1 John 4:18. In what sense is fear opposed to love?
3. God was present to help the woman and her son, but she had to take a risk: Make a small loaf of bread for Elijah *first*. Do you find taking risks to be difficult for you? Generally speaking, how sure do you feel like you need to be before you take a risk? Can you think of any recent occasions when you have taken a risk for God? What is a risk you think God wants you to take?
4. God did not help this widow because she had a perfect past. In fact, she knew she was a sinner (1 Kings 17:17-18). To what extent do you try to mask your flaws and failures? Do you have trouble receiving God's grace? What happens when we don't embrace the grace of God?
5. Read Romans 5:6-8. What is Paul's point in this passage? How should this affect the way we relate to God?
6. What is one way you need God to help you in this season?

**Pray**