

Getting Out of the Cave 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. Would you rather go scuba diving or skydiving?
2. What's the best thing you've eaten in the last month?

Read the following passages: 1 Kings 19:1-18.

Life was not easy for Elijah. As he put it: "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too." Elijah was overwhelmed, and he ended up in a cave. But God had mercy on Elijah. He refreshed Elijah with food and rest. He connected Elijah's story with Moses's story. He gave Elijah a mission. And he reminded Elijah that he was not alone. Each of these acts of grace can help us get out of our own caves.

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

1. Do you find it surprising that Elijah's lowest moment came on the heels of what appeared to be a great victory (see 1 Kings 18)? Why or why not? When do you find yourself most vulnerable to feelings of discouragement, anxiety, or fear?
2. Read 1 Kings 19:10. Do you think the reasons Elijah gives for his flight to a cave are reasonable? What should we do when we begin to feel overwhelmed by our circumstances.
3. Although Elijah's challenges were very real, he was perhaps most affected by the way he was interpreting his circumstances: "I am the only one left." How do we know that this story Elijah was telling himself was not completely true? How did this story affect how Elijah behaved? Are there any stories you are prone to tell yourself when you are discouraged or anxious? How do these stories affect you?
4. In Elijah's low moment he needed to rest and eat. Are you getting good sleep, eating well, exercising, and getting outside? Explain. What's one simple thing you can do to take better care of your physical health this week?
5. When Elijah felt alone and overwhelmed, God reconnected Elijah with Israel's story on Mount Horeb (another name for Mount Sinai). What's the bigger story God wants us to connect with?
6. Can you name a few things God has called you to do in this season of your life? What can you do to keep your attention on these things?

7. On a scale of 1 to 10, how connected to other people do you feel in this season of your life? Why do we need other people in our lives? Is there anything you can do to create stronger connections with others?
8. What is one way you would like to see your mental or emotional health improve?

Pray