

1. What things cause you to get down in life?
2. When you are down, stressed, frustrated, angry, how does it impact how you interact with others?

1 Kings 19:1-5a - When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. ² So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them." ³ Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. ⁴ Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died." ⁵ Then he lay down and slept under the broom tree.

3. Pastor Guy mentioned 5 things that can impact up spiritually – Exhaustion, Isolation, Being overwhelmed, Comparison, Having unrealistic expectations. Which one are you most likely to experience?
4. Elijah had just spent days running about 100 miles fleeing for his life. (v.3) He was physically exhausted. How does physical exhaustion impact our lives mentally and spiritually?
5. What can you do to make sure exhaustion doesn't drag you down spiritually?
6. Elijah left his servant and went into the wilderness. (v.3) He isolated himself from everyone else. How do you separate yourself from others when you are down?
7. Who are some people in your life that you can talk to when you are feeling down?
8. In verse 4 we read that Elijah sat down under a tree and prayed to die. He was overwhelmed by the circumstances. Sometimes circumstances can be overwhelming. When have you been overwhelmed in life?
9. What can we do when we are feeling overwhelmed?
10. In verse 4 Elijah compares himself to his ancestors. Why do you think he does this?
11. In what areas do you tend to compare yourself to others?
12. What is the danger in comparing ourselves to others?
13. Elijah had just seen God answer his prayer by sending fire from heaven, Elijah had gotten rid of the prophets of Baal, and Elijah had prayed for rain and it immediately started raining after a 3.5 year drought. Now he is praying for God to take his life. What expectations do you think Elijah had in this situation?
14. What expectations do you have about life?
15. What expectations do you have about God?
16. How do our expectations impact our spiritual, mental and emotional well-being?
17. How do you think that Elijah's fear impact how he felt?
18. How do your fears impact you?