

## IT'S A MAD WORLD

Don't Free Solo!, 1 Kings 19

April 28, 2024



### Read: 1 Kings 18:46-19:5, 1 Corinthians 10:11-12

1. Have you experienced a time when you felt on top of the world, emotionally and spiritually, and had it all come quickly crashing down? Can you share about it? Why are we often vulnerable right after a mountaintop experience?

### Read: 1 Kings 19:6-18

2. Why do you think God asked Elijah twice what he was doing? What does Elijah's answer indicate? How do you think Elijah was feeling? What prompted your last pity party?

### Read: Hebrews 10:19-25

3. How are drawing near to God, holding onto hope, and meeting together interconnected? How does being in a community make faith come alive?

### Read: Hebrews 4:14-16

4. How can this verse give you confidence when you feel like no one can understand what you are going through?

### Read: Philemon 4-7

5. How do fellow Christians deepen our understanding of the good things we have in Christ? Can you share with the group an instance of a brother or a sister in Christ who did something to refresh your heart or the heart and spirit of someone else?

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