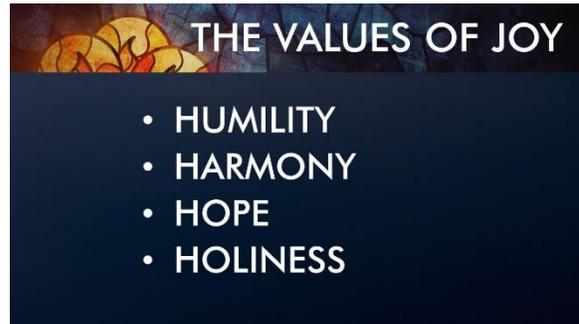


The Values of Joy

January 10, 2020 Discussion Notes

Everyone is encouraged to bring a Bible

(Phone apps are good for reading together in the same translation. Study Bibles give help with interpretation.)



Questions:

1. What was one of the loneliest moments you can remember?
2. The sermon examined certain values that help to produce joy in our lives. Review the points in the outline above. What stood out to you in the sermon? Do you have any questions about it?
3. Read 1 Kings 19:1-4
 - a) In the previous chapter, Elijah experiences dramatic miracles from God and what appears to be a national revival in Israel. It must have been the high point of his life and ministry. Now, with his life threatened, he is really depressed. Why do you think his joy was able to be so easily taken from him?
 - b) What was Elijah's prayer? Do you think it is okay to pray this way? What tends to happen in Scripture when people do pray this way? (see Numbers 11:14-17 and Jonah 4:8-10)
 - c) What kinds of things tend to rob you of your joy?
 - d) How well do you take your feelings and present them honestly to God?
4. Read 1 Kings 19:5-7
 - a) What were some initial ways that Elijah's depression was addressed?
 - b) What are some simple things that you have found to be helpful when you are feeling down?
 - c) Why do you think the angel might have touched Elijah? How might this have helped?
 - d) Would you enjoy having a visit from an angel or does that idea scare you?
 - e) Are you aware that God does send angels to help you, even though you many never see them? (see Psalm 91:11, Psalm 34:7, and Hebrews 1:14)
5. Read 1 Kings 19:8-14
 - a) What is Elijah's explanation for his discouragement (in verses 10 and 14)? Do you think his perspective was valid?
 - b) What do you think is the significance of the wind, earthquake, and fire? Why did God choose to not be in them?
 - c) What is the significance of the gentle whisper? Why do you think God chose to reveal himself in this way?
6. Read 1 Kings 19:15-18
 - a) What does Elijah discover about God's plans?
 - b) What was inaccurate about his previous perspective?
 - c) What do you personally feel hopeless or discouraged about? Based on God's message to Elijah, what do you think His message to you might be?
7. Pray for each other that God would free you from all discouragement, open your eyes to the good things that He has in store, and give you joy. And pray for any specific needs in your group.