



On the Ropes Leader Guide - April 19, 2020

PRIMARY PASSAGE

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ² So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.” ³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. “I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors.” ⁵ Then he lay down under the bush and fell asleep. All at once an angel touched him and said, “Get up and eat.” ⁶ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. ⁷ The angel of the Lord came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” ⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. ⁹ There he went into a cave and spent the night. And the word of the Lord came to him: “What are you doing here, Elijah?” ¹⁰ He replied, “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.” ¹¹ The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. ¹² After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. ¹³ When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, “What are you doing here, Elijah?” ¹⁴ He replied, “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.” ¹⁵ The Lord said to him, “Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. ¹⁶ Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. ¹⁷ Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. ¹⁸ Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him.” (1 Kings 19:1-18 NIV)

ICE BREAKER

Have everyone take the test we have available in our starter pack -> <https://ichoosemybestlife.com/quiz/rest-quiz-test/> (you might want to have everyone take it before)

DISCUSSION QUESTIONS

1) Have you or anyone you’re close to suffered from depression? How did this change the way you treated people or the way they treated you?

- Leaders give your group time to share here - this could be the first time they have felt comfortable/safe to share their story

2) We saw three main causes of Elijah’s battle with depression. What were they? Why did they cause him to become depressed? How have you experienced any of these?

- Exhausted -> you’re doing too much, too fast, and you’re spread way too thin

- Group leaders, take the time to really spend extra time here
 - Discuss how the demand of connection and accessibility has (internet/phone) has changed our ability to rest
 - Discuss the “rest quiz” results
- Isolated -> this is extremely hard during the COVID-19 Stay at Home Order
 - Ask how many have isolated on purpose?
 - Develop check points with your group members to be able to have accountability
 - How can you guard against this during the quarantine and beyond?
 - Regular check ins
 - Phone calls
 - Honest conversations
- Forgot grace and goodness of God -> when you’re in the valley all you see is the valley
 - Help your group remember the truth that God says about them, their identity in Christ, and their worth
 - Check out our starter pack PDF that contains some scriptures and prayers to read/pray even when you don’t feel like it

3) 1 Kings 19 showed us four ways to battle against depression in our life. What where they? How can you begin to move towards spiritual and emotional health in your life?

- Eat // Get healthy -> Elijah ate and drank as soon as he woke up
 - Challenge your group to seek physical health - as in diet and exercise
 - A healthy body is the first step toward emotional/mental health
- Rest -> take a nap when you’re tired, rest when you are exhausted
 - Challenge your group to pursue physical, emotional, mental, and physical rest
 - Our starter pack has some playlists, guided meditation (Christian), and muscle relaxation techniques
 - Remember, rest is not a sign of weakness but obedience
- Get help -> We were not mean to do life alone
 - Some of us need to set up accountability, support, and encouragement in our life - we need an ugly cry friend
 - Sometimes a prayer partner or accountability group is not enough
 - Sometimes we need professional help - if you or anyone in your group needs professional help, let us know. We have a list of counselors we recommend. There is no shame in seeking help or needing medication.
- Draw near to God -> This is where true healing can occur
 - God speaks in a whisper to Elijah not the fire, wind, earthquake, etc.
 - We have to be close to God to hear Him whisper. The only way we can draw near to God is through Jesus

4) Andrew shared three ways that Jesus meets our deepest needs when it comes to depression. What where they? How can you press into Him this week?

- Jesus offers us true rest -> read Matthew 11:28-30 as a group
 - How many burdens are you currently carrying that you need to give to Jesus?
 - When is the last time you rested in who Jesus is and what He’s done?
- Jesus offers the spiritual nutrition we need -> read John 6:35 as a group
 - Jesus fulfills/satisfies every need we have
 - When is the last time you spent enough time with Jesus to allow Him to quench your spiritual thirst and satisfy your spiritual hunger?
 - Share the Chapel Bible Plan as it is focused on the New Testament and life of Jesus
- Jesus offers us Himself -> read 2 Corinthians 5:17, 21 as a group
 - Ask your group -> have you ever allowed Jesus to take your place? As in, said YES to following Him?
 - How can you remember His work for you this week?

PERSONAL REFLECTION

1) How can you draw near to God this week? How can you remember in the dark that the Light of the World is living in you?

- Encourage your group to get in the Word - join Chapel Bible Plan, teach them how to do a HEAR Journal, key in to Chapel Social Media where we share daily encouragement/steps to take, etc.
- Encourage your group members to engage in daily prayer and check-ins with other group members
- Encourage regular rhythms of rest but also seeking help when it's needed. We can help you find help, but we have to know!

2) An incredibly large amount of people are suffering from depression in our nation, communities, and family. How can you reach out to them and give them hope this week? Who do you need to share Sunday's message and/or starter pack with, so they can experience the hope Jesus offers?