

Sermon-Based Discussion Guide

Date 7/26/26 Tim Fray

Watch the sermon at manheimbic.org/sermon.



BIBLE PASSAGES

1 Kings 19:1 ³ Then he (Elijah) was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

⁴ But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O LORD, take away my life, for I am no better than my fathers." ⁵ And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, "Arise and eat." ⁶ And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. ⁷ And the angel of the LORD came again a second time and touched him and said, "Arise and eat, for the journey is too great for you." ⁸ And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

⁹ There he came to a cave and lodged in it. And behold, the word of the LORD came to him, and he said to him, "What are you doing here, Elijah?" ¹⁰ He said, "I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away." ¹¹ And he said, "Go out and stand on the mount before the LORD." And behold, the LORD passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the LORD, but the LORD was not in the wind. And after the wind an earthquake, but the LORD was not in the earthquake. ¹² And after the earthquake a fire, but the LORD was not in the fire. And after the fire the sound of a low whisper.^[a] ¹³ And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, "What are you doing here, Elijah?"

1 Corinthians 13:12 For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known.

Other Passages: 1 Kings 19:1-18, Psalms 139:23-24

Connect:

Get to know each other. Connect, warm up to each other, and take time to fellowship.

Care:

Carry each other's burdens. Share life's challenges and practice Soul Care. Pray together.

Challenge:

1. When is a time you recently felt like life snapped you back to reality? What was your first response to that?
2. What do you think that God thinks about our feelings and emotions? How can they draw us closer to Him?
3. This week's message talked about how we often carry the burden of the outcome. We were not created to carry this burden. Did this idea resonate with you? What does surrendering that without giving up look like?
4. What do you hope people around you see when they look at your life? Do you ever feel doubt that what you're investing in is making a difference?
5. What does it look like for you to lean into relationship with God, your family, friends, and others instead of leaning back when storms arise? How can we as a group support you in this?

Clarify:

Does anyone need clarity on something? Are there any big God questions you are wrestling with?

Celebrate:

Celebrate life's successes and God's provision. Worship God's presence. Time to brag about God.

KEY TAKEAWAYS