

Vacation *Mt. Sinai*

1 Kings 19:1-2 NLT: When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. 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.”

LIFE GROUP / PERSONAL STUDY:

This week we're traveling to Mt. Sinai. This is a location of great importance in the history of Israel and spiritually this is one of those places that would be amazing to visit. According to Exodus 19, this is the location where God gave Moses the 10 Commandments of the Law and established the Mosaic Covenant with the people of Israel. In other words this was a place where God spoke to His people. This week we're going to travel there with Elijah, who like Moses had an amazing conversation with God on this site. Let's see what we can learn about the importance of seeking God and listening to Him.

Briefly Read 1 Kings 18:16-45:

1A) Give a brief summary of what Elijah had just experienced on Mount Carmel.

1B) PERSONAL: How do you think Elijah would have been feeling at this time? List a range of possible emotions.

Read 1 Kings 19:3-4:

2A) When Jezebel threatened his life, what was Elijah's response?

2B) PERSONAL: What reasons can you think of for him to respond in this way?

3A) PERSONAL: Describe a time in your life when you were fearful and anxious and just wanted to get away from everything and everyone.

3B) PERSONAL: As you look back was isolation a good thing for you or did it add to your distress?

Read 1 Kings 19:5-8:

4A) How did God respond to Elijah at this point? Verses 5-7

4B) What practical application can we gain from this passage? i.e. when we're tired, anxious, frustrated, fearful, or depressed, what should we do first?

4C) What did Elijah do next and what is the application for us? Verse 8 (info: Horeb is a range of mountains of which Mt. Sinai is the highest)

Read 1 Kings 19:9-18:

5A) How did Elijah respond to God's question? Verses 9-10

5B) What was God's response? Verses 11-18

5C) How does Psalm 46:10 give us similar instructions?

6) PERSONAL: How are you encouraged that even though Elijah became fearful, depressed, etc. that God encouraged him and continued to use him in a mighty way?

Read Psalm 42:5-11:

7A) How does this Psalm compare to Elijah's situation?

6B) PERSONAL: How can the following verses help you overcome fear, anxiety, and depression?

Psalm 46:1:

Psalm 25:20-21:

ACT: We need to realize that whenever we've had a "mountaintop" experience that we are vulnerable for Satan to attack. However, most of us are never prepared for the valley that inevitably comes rather quickly. This can lead to doubt, fear, anxiety, and even depression. So we need to be alert and watchful! If we're tired, we need to take time to rest and/or heal, but then we need to get up and get going. We don't want to stay down in the pit of despair that we've allowed ourselves to fall into. We also need to seek God and then be still and listen to what He says and immediately obey. God always has a plan and we can trust Him to see us through.

Daily Devotional: It always helps to look at the context of the passage. Then try to answer the following questions about the passage. Who is involved? What is going on? Where is the action taking place? When? How can this concept apply to my life? Why is it important? Also look for Commands, Warnings, and Examples to follow or not to follow.

- This week let's read various passages that remind us that God is our refuge and our strength.

Monday:

Psalm 9:9 NLT

The Lord is a shelter for the oppressed, a refuge in times of trouble.

Tuesday:

Psal 18:1-3 NLT

I love you, Lord; you are my strength. The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. I called on the Lord, who is worthy of praise, and he saved me from my enemies.

Wednesday:

Psalm 27:1 NLT

The Lord is my light and my salvation—so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?

Thursday:

Psalm 34:17-18 NLT

The Lord hears his people when they call to him for help. He rescues them from all their troubles. The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.

Friday:

Psalm 37:39-40 NLT

The Lord rescues the godly; he is their fortress in times of trouble. The Lord helps them, rescuing them from the wicked. He saves them, and they find shelter in him.

Saturday:

Psalm 61:1-4 NLT

O God, listen to my cry! Hear my prayer! From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, for you are my safe refuge, a fortress where my enemies cannot reach me. Let me live forever in your sanctuary, safe beneath the shelter of your wings!

Sunday:

Psalm 91:1-2 NLT

Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord: He alone is my refuge, my place of safety; he is my God, and I trust him.

