Connect Group Discussion Notes

Replay of Killing Me Softly Series

Week of May 24, 2020

**The Perspective Battle**

1 Kings 19:1-9

**19**And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. **2**Then Jezebel sent a messenger to Elijah, saying, “So let the gods do *to me,* and more also, if I do not make your life as the life of one of them by tomorrow about this time.” **3**And when he saw *that,* he arose and ran for his life, and went 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 [a]broom tree. And he prayed that he might die, and said, “It is enough! Now, Lord, take my life, for I *am* no better than my fathers!”

**5**Then as he lay and slept under a broom tree, suddenly an [b]angel touched him, and said to him, “Arise *and* eat.” **6**Then he looked, and there by his head *was* a cake baked on [c]coals, and a jar of water. So he ate and drank, and lay down again. **7**And the [d]angel of the Lord came back the second time, and touched him, and said, “Arise *and* eat, because the journey *is* too great for you.” **8**So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.

**9**And there he went into a cave, and spent the night in that place; and behold, the word of the Lord *came* to him, and He said to him, “What are you doing here, Elijah?”

FOR DEPRESSION TO BE EFFECTIVE IT MUST GET YOU ALONE

1. Do you feel alone in this season?

DEPRESSION WILL MAKE YOU FOCUS ON THE ENEMIES THREATS WHILE MISSING GOD's BREAKTHROUGH’s

2. What are some breakthroughs God has done in your life you could focus on?

JESUS WILL ALWAYS WISPER GRACE INTO WHAT YOU THINK IS YOUR GRAVE

3. What looks like a grave in your life that you need Jesus to whisper GRACE into right now?