

MELTDOWN

YOU'RE NOT THE ONLY ONE FREAKING OUT

7.28.24 • Alicia Bruxvoort & Adam Davidson • Come Out of That Cave!

Key Verses

1 Kings 19:1-18

Discussion Questions

1). It's easy to feel disappointed with God when He doesn't move in the way we'd hoped or prayed He would. It is confusing when His plan or His timing doesn't make sense to us. Share about a time you felt disappointed with God or questioned whether His plan was good.

2). When you are disappointed or angry with God, what's your knee-jerk reaction: to move towards him or turn away from Him? How can being in community with other believers help you move towards God in times of meltdown?

3). On a scale of 1-10, how comfortable are you being honest with God about how you're feeling? (1 being "very uncomfortable" and 10 being "completely at ease") What's one thing you can do to practice honesty with God?

4). Many Psalms of lament follow a simple pattern that we can imitate as we put this form of truth-telling into practice.

Rant: Tell God what is wrong and how you're feeling

Remember: Rehearse what you know to be true of God based on His character and His constancy. Praise Him for who He is and declare your trust in God today even if you can't yet see the outcome.

Request: Tell God what you want Him to do about and then invite Him to speak into your situation as well.

What part of lament comes most naturally for you? Why?

What part of lament do you need to work on?

5).What part of God’s character brings you comfort in times of discouragement or sorrow?

6). As 1 Kings 19 closes, God gives Elijah a glimpse of what’s to come, thus reminding him that the story doesn’t begin and end with Elijah.

When we don’t understand what God is doing in the present moment, it’s wise to remember that we are a small part of a larger story. God’s promise to redeem, heal, and restore may not coincide with our time tables or even our lives here on earth. How have you seen God’s faithfulness in the “long game” of your life so far? What promises or stories from scripture buoy your confidence in God?

Notes
