

## **Authentic Faith: Emotional Health – The Lord, He is God**



Tim led us through the story of Elijah (whose name essentially means "The Lord, he is God").

God's power was seen through multiple miracles in Elijah's life, culminating in the challenge and humiliation of the prophets of Baal. When God's fire fell the Israelites recognised God's power and called out "The Lord, he is God".

In spite of this miracle, King Ahab and his wife Jezebel refused to repent and Elijah retreated from their death threats and fled to the wilderness where God revealed himself in a "silent sound" a still, small voice.

Read 1 Kings 18: 20 – 40 and 19:1 - 18

### **Questions**

1. Do you identify with Elijah's experience of a spiritual high followed by a spiritual low?
2. Ahab and Jezebel refused to repent in the face of a miracle. Have you ever experienced disappointment in something that you've done for God that hasn't had the outcome you expected.
3. God wasn't in the wind, earthquake or fire. What are some of the big distractions in life which may distract us from the small, quiet places where God may be at work?

Read 1 Kings 19: 10,14 & 18

4. Elijah was feeling very lonely as God's representative. Have you ever felt that way? How can we draw encouragement from what God says to Elijah in verse 18?
5. Is there an area of your life where you need to know that "the Lord, He is God"?