



Northland Christian Church Group Discussion Guide For the Week of October 10, 2021

Use the questions below as a springboard for discussion. You do not have to answer every question. These are intended to help spark discussion. Refer to as needed. Ultimately we want God's answers, not man's opinions. Always land where God lands. (ex: Where do we see that in the Bible?) Give grace. Give time for growth. Don't force it.

Connect

- Where have you seen blessings, beauty, or goodness this week?
- Did you have any worries as a kid that seem silly now? What were they?

The Context

What's Going On In Your Head? - Release

Most of life's battles are won or lost in the mind. So we fight to replace the lies with truth (God's truth), we fight to reroute the ruts, or fight to reframe our past with God in mind, reconstruction happens in the aftermath of doubt and even last week Scott Strickland helped us see that we can reclaim our God given image, find health, and be strange in this world. This week we will cover the most accessible, most powerful, and the most useful weapon in the war on your mind. Prayer.

This isn't our last resort but it's our best resort. It can bring a peace that transcends all understanding, it can calm your anxious mind. It casts out demons, It can bring healing. Prayer can change your mind and move God's heart. Change happens when we pray. The most powerful thing we can do is pray. Yet, sometimes we can forget this and get too focused on what's going on than on our God and Who He is.

Elijah had this struggle as well. He was one of the greatest prophets in our Bible during a time when the worst king in Israel's history was enthroned - Ahab. He was married to the epitome of evil - Jezebel. Elijah would make his presence known when he confronted King Ahab about his sin, about his evil wife, and all they had done. Elijah even prayed and caused a drought for years. Years that required him to be supernaturally fed by ravens, by a widow with one last meal that lasted a long time, and so much more. His impact as a prophet - and his witness into the power and provision of God - was really shown when he challenged 850 false prophets and called down fire to come from heaven. Every one of those false prophets died that day and the king and queen weren't happy. This is where we pick up the story for this week.

Engage the Bible - Read and Review Surprises, Takeaways, and Observations from:

1 Kings 19:1-18

"Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. There he went into a cave and spent the night. And the word of the LORD came to him: "What are you doing here, Elijah?" He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too." The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What

are you doing here, Elijah?" He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too." The LORD said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. Yet I reserve seven thousand in Israel--all whose knees have not bowed down to Baal and whose mouths have not kissed him." - NIV

Discuss

1. What was Elijah's anxiety or imagination falsely telling him about the situation that he was in? What emotions were running through his heart and mind? How did God minister and help Elijah?
2. How have you seen people have similar experiences - where they panic over situations and write stories that are not true - yet act like they are?
3. Share about a time when you had a stressful or challenging situation and your imagination took over. What was that like? How accurate was your imagination? What did you learn?
4. Dave shared this weekend that Elijah struggled because he was focused on the presence of problems instead of the presence of his God. When problems arise in your life do you typically focus more on the problem or on the presence of God in your life?
5. Share about a time when you decided to trust God instead of worrying. What prompted that decision? What kind of impact did it have on you?
6. What's something you're worried about that you're having a hard time trusting God with? Why do you think it's so hard to trust Him with it?
7. What have you found helpful in keeping focus on God? Keeping focus on the love and work of Jesus?
8. How does the following verse help us understand the battle going on in our minds?
Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. NIV
9. How has this verse been helpful and true for you in the past?
10. Dave gave us a practical activity and illustration of making a "God Box". A prayer box to place our written prayer requests and concerns into and release them over to God. How was this a helpful visual for you?
11. Whether with a literal box or in your mind - have you, as Dave put it, given God what you cannot do? What's this like for you?
12. How have you seen God change things you have prayed about?

Challenge for the Week:

Set aside 12 minutes for focused prayer each day.

At the end of the week reflect on how your thought life has been affected.

Share what you've experienced with the group next week.

13. How can we encourage each other this week? How can we pray with and for one another this week?

End Your Group Time in Prayer