

# ON EDGE – WEEK 5

May 25<sup>th</sup>, 2025

## MESSAGE RECAP

This week's message wrapped up the On Edge series by focusing on Elijah – a prophet who experienced a spiritual high followed by emotional collapse. After calling down fire from heaven and defeating the prophets of Baal, Elijah found himself afraid, exhausted, and overwhelmed. He ran into the wilderness and asked God to end his life. But instead of condemnation, God met him with compassion under a broom tree and later in the whisper on the mountain. The takeaway is clear: even when fear and exhaustion make it hard to go on, God is near. This is a call to reframe our thoughts, take them captive, and center our minds on God's presence rather than our problems.

## GROUP DISCUSSION

1. What's something in your life that you almost gave up on- but now you're glad you didn't?
2. Elijah had just experienced a massive victory, but then ran in fear (1 Kings Chapters 16-18). Why do you think spiritual highs are sometimes followed by emotional lows?
3. In 1 Kings 19:4, Elijah says, "I have had enough, Lord." Have you ever had a similar "Broom tree moment"? What helped you keep going?
4. Now Read 1 Kings 19:11-12. Why do you think God speaks in a whisper during moments of fear or despair?
5. The message asked: "Am I focused on the presence of my problems or the presence of my God?" How do you practically shift your focus when your mind starts spiraling?
6. What's one "runaway thought" that's been stealing your peace lately? Have you brought it to God, or are you still carrying it?
7. Spend time inviting group members to pray specifically for each other silently and out loud. Thank God that for the whispers rather than the shouts, and ask him to help each person shift their focus towards his presence.