



Sermon Series: Running Deep
Leading Your Body 1 Kings 19:1-13
24 March 2024
Small Group Notes

Your body is an integral part of your spiritual life, emotional life, social life, and it supports or even influences your mind.

If you were to demonstrate the importance of the body in regard to mental, emotional, or spiritual health, what might you think of?

Read 1 Kings 19:1-3

On Sunday Shawn described there being ‘two Elijahs’. The way we see Elijah in 1 Kings 17 and 18 is very different from Elijah in chapter 19.

What can you remember from chapters 17 and 18 where Elijah is portrayed as fearless?

How do you see this in your own life, and how do you handle times when your confidence might be low? How should a person handle times of fear?

Read 1 Kings 19:3-5

What do you see here about what Elijah is thinking or feeling?

How would you describe his experience? Is it depression, burnout, exhaustion, or is he just a bit down?

It is interesting to see what Elijah needed to find his footing again. Not just for understanding Elijah, but I think it gives us insight into how we are made.

Please know that different people need different things.

Someone in the depths of depression might need medication or counselling.

Read 1 Kings 19:5-9

What do you see about Elijah’s ‘road to recovery’?

What have you learned about caring for your own body in regard to rest, food, stress, or exercise?

Does the bible encourage exercise? Is there exercise in this passage?

Read 1 Kings 19:9-13

What do you see about the events that precede Elijah meeting with God?

What do you see in how God meets with Elijah?

Does what we know about Elijah from outside of chapter 19 add anything to the significance of what happens here?

Read 1 Kings 19:13-18

What does God give Elijah that might be important for continued recovery?

Read 1 Kings 19:9-10, 13-14, 18

What is the significance of Elijah being asked the same question twice, giving the same response, only to have God contradict him?

What does it take to direct, or even challenge, your own mind? How is your body part of this?

Some have compared the mind to being like a rider atop an elephant. What do you like or dislike about this illustration?

How can we learn to lead our bodies well?

Shawn Swinney