



# CONNECTION GROUPS

## Elijah

Read 1 Kings 19:1-5a. What is your reaction to Elijah's actions in this passage? What do you think led Elijah to take the actions that he did?

Read 1 Kings 19:5b-13. How did God respond to what Elijah was experiencing in the passage?

Read 1 Kings 19:15-18 and discuss how God redirects Elijah in the passage. How does God's response both further His plans and meet Elijah's needs?

Share a time of your life that was challenging or when you were experiencing an emotional low. What helped you during that time? Would you want to change anything about how people responded to you at that time?

Discuss as a group how you think you can respond to those inside or outside the church who are experiencing depression by using the example of the passages of Scripture above.

Talk about how everyone feels about their connection within the group. Does your group need to do something to help everyone feel more connected?