

A Lesson about Encouragement

Read 1 Kings 19: 1-6

Introduction

Have you ever felt ready to give up? Like you simply just wanted to lie down and quit? Sometimes our physical needs such as hunger or exhaustion can cause us to lose not only our physical energy but our mental and spiritual energy as well—as happened to Elijah.

When physical exhaustion engulfs our emotional and spiritual condition, it makes us vulnerable to satanic attacks that can lead to discouragement. And when discouragement is unaddressed, it leads to depression. When depression is unaddressed, it leads to despair. When despair is unaddressed, it leads to a decision or desire to want to die.

The good news is, you're not alone—everyone gets discouraged sometimes. The even better news is that God wants to encourage you and help you. His strength is sufficient when your strength is gone.

How does He encourage us? He sends messengers—most often, that means other people—to minister to us and encourage us. Look around. God can use folks to encourage you, and He might intend for you to encourage them as well. Be messengers of God's love to one another.

Getting Started

1. What one point resonated with you from this morning's sermon?
2. What surprises you about this part of Elijah's story?
3. Elijah had experienced victory and accomplished a lot. Yet, he still became discouraged. Why do you think this happened?
4. How did God care for Elijah in this story? What did Elijah need?

Let's Get Personal

1. Tell about a time you felt that the journey was too much for you, and someone encouraged you.
2. Who is someone who builds you up? Who is someone you could do that for?
3. Are you physically exhausted? What can you do to take care of yourself physically to protect yourself from Satan's spiritual attacks?

Take the Next Step

1. Who is someone who needs your encouragement, who needs you to be a messenger of God to them right now? What specific action will you take in the next two days to encourage them?
2. Who supports you and works hard to help you spiritually? Write that person a note to thank them for how they've acted as God's messenger to you.

Renew Your Mind

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." 1 Kings 19:7
