

# Pursued

*Week 2: Elijah | Teacher: Libin Abraham*

*Sermon Questions for 1.16.2022*

## Opener

Share about a time you felt you were either on a mountaintop or in a valley. Describe how you felt and how you responded.

## Read

1 Kings 19:1-16; James 5:17-18; Psalm 139:7; John 1:1, 14

## Main Points

1. Elijah spiraled down quickly. The three components that contributed to this were: (a) the power of negative words (1 Kings 19:3), (b) the danger of disengaging from community (1 Kings 19:3b-4), and (c) the downward spiral of self-pity (1 Kings 19:4b).
2. Sometimes, the most spiritual thing you can do is rest. Today, eat a good lunch, then take a nap. Your healing begins when you trust God enough to rest.
3. Elijah thought he was running from God - he had gone far enough that no one could track him...but there was God, pursuing him all along.
4. The two mountains: Mt. Carmel and Mt. Horeb. *Carmel* means "vineyard, orchard, or garden." *Horeb* means desert, desolate, dry." The same God that pursued Elijah at Mt. Carmel was pursuing Elijah at Mt. Horeb.

## Engage with God in a Group

- Which of the three contributing factors to Elijah's downward spiral have you experienced the most?
- Would you currently describe yourself as being on Mt. Carmel or Mt. Horeb?
- How have you experienced God pursuing you in this current season of life?
- When was the last time you heard God "whisper" to you?

## Bottom Line

God, in his loving pursuit, meets us where we are, not where we should be.