

# Faith > Fear

**"Trusting God  
in an Age of Upheaval"**  
Week of May 31, 2020

## Personal Reflection & Group Discussion Guide

1. Upheaval means, "a disturbance; turmoil; disorder; or confusion". We are living in a time where there is much upheaval. In these 1 Kings verses, we find Elijah on the run after a significant victory in his life. The country was in a war of ideology (different belief systems) and Elijah's God triumphed. He was threatened by a person who was not pleased by his victory. What has been your experience in a "battle" of ideologies? How did you interact with the person(s) during the exchange?
2. In Elijah's story, he became weary over the threat to his peace of mind and physical safety. Verse 4 tells us what Elijah did and what he said to the Lord. What do you think his action and words say about his state of mind at the time? In what ways can you relate?
3. In verse 5, we learn that the Lord came to Elijah in the midst of his experience. How did the Lord come to him? What did the angel do? What encouragement do you take from this?
4. There are four truths that can be taken from the 1 Kings verses:
  - God sees you: How does knowing God sees you encourage you in your faith walk?
  - God is sending a blessing to you: In what form did the blessing come to Elijah? What does this tell you about your own blessings?
  - God will revive and strengthen you: What did God use to strengthen Elijah? What are the reasons this is significant? What is this telling you, personally, about God?
  - You have to be an active participant in the process of receiving what God sends to you. What does this mean to you?
5. What encouragement can you take from the Hebrews verse? How does the verse impact how you see God and yourself in relation to Him?

## Main Idea

***Choosing to trust God  
during times of  
disorder and confusion can  
bring you great peace in the  
middle of the situation.***

## Key Scripture Reference(s)

Read these aloud:

1 Kings 19:4-8

Hebrews 4:15

## Your Faith in Action

What steps will you take this week to **show** others what you believe (in words, and in deeds)?

**Mon:** \_\_\_\_\_

**Tue:** \_\_\_\_\_

**Wed:** \_\_\_\_\_

**Thu:** \_\_\_\_\_

**Fri:** \_\_\_\_\_

**Sat:** \_\_\_\_\_

**Sun:** \_\_\_\_\_

*This is a constant element, so you  
can practically live out your faith everyday.*

