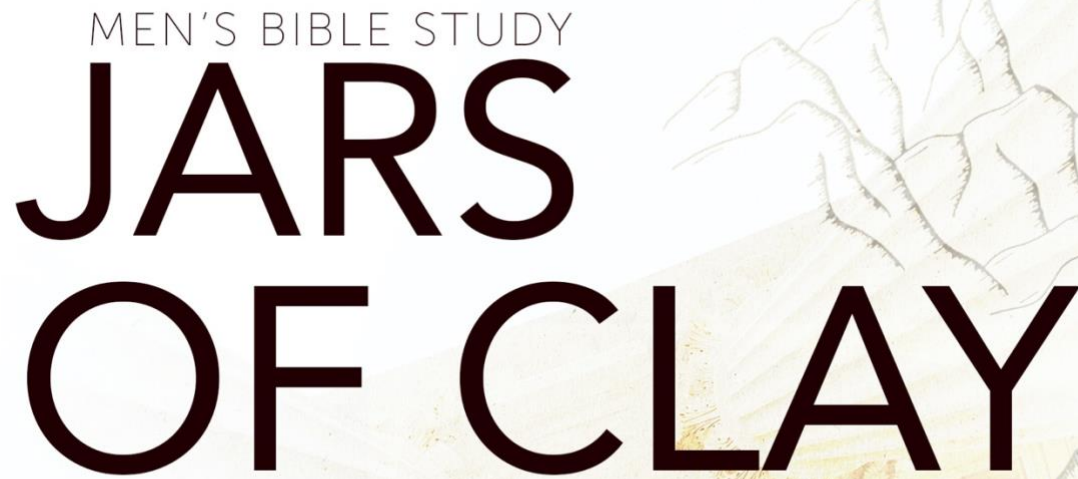


+eastridge church

MEN'S BIBLE STUDY



JARS OF CLAY

SESSION FOUR:

ELIJAH – IN THE VALLEY OF DESPAIR

ELIJAH – IN THE VALLEY OF DESPAIR

1. Elijah was out of _____

- He was focusing on his _____
- He was focusing on _____

2. Elijah was out of _____

3. God comes to Elijah to _____ him

4. God comes to Elijah to _____ himself to him

5. God comes to Elijah to _____ him

WHAT'S YOUR HIGHLIGHT?

Review your notes from this week's teaching. Was there anything that caught your attention, challenged you, or confused you?

WHAT'S YOUR STORY?

1. There are a variety of ways to refresh and recharge our batteries when life is hitting us hard. What do you do (or wish you did) to get your energy and focus back on track?
2. When we face difficult times, there are often a variety of initial indicators. What are some of the typical indicators that stressful or tough times have arrived?

DIGGING DEEPER

1. This week, we saw through the example of Elijah that venting our frustrations to God during the dark times is not only acceptable, but can actually be healthy in working through the issue at hand. What's your response to Jeremiah's venting of frustration found in Jeremiah 20:7-10, 14-18? Can you think of any indicators that a person's "venting to God" is over the top and no longer helpful to them, others or God?
2. Keeping God's power in mind is one of the keys to dealing with the "letdown." How do you relate to how Jeremiah keeps God's power in mind in the midst of high frustration in Jeremiah 20:11-13? Can you think of any verses, attributes or characteristics of God that have helped you through difficult times?
3. God recognizes we need time to recoup and refresh. Read Mark 1:35-39 and 6:30-32 and note the importance of getting away to refresh. How literal do you think "getting away" needs to be?
4. Living out our calling is how God has designed us to live. In fact, the enemy would love to keep us ineffective and confused about our purpose. How does Jesus make our calling incredibly clear in Matthew 22:37-39 and 28:19-20? How do Jesus' words help us keep our focus simple? What might be challenging or confusing for you?

SESSION FOUR GROUP PRAYER

