

# UNEARTHED

Digging beneath the surface and bringing our whole selves before God.

## **Elijah: “Crippled by Fear” Group Discussion Guide (~60 minutes needed)**

**Begin your group by catching up + by reading the recap of Sunday’s sermon below (10 minutes).**

What something that’s recently been on your heart and mind?

RECAP: This week, we are looking at the life of Elijah and how so often life’s circumstances can cripple us in fear. That, however, is not God’s desire for us, because “Perfect love casts out fear” (1 John 4:18). Elijah began this part of his life on the mountaintop – spiritually, emotionally, mentally. He saw fire rain from the heavens as the Lord defeated the prophets of Baal. You would think that Elijah would be full of courage, never afraid! Soon, however, we see Elijah in the middle of a torrent of worry, anxiety, and troubles. He is afraid. Jezebel is after his life. Fortunately, God meets him in his fear. And fortunately for us, God wants to meet us in *our* fears too.

**Read the story of Elijah (1 Kings 17-19) and discuss the following questions (25 minutes):**

- How does fear affect Elijah's actions and decisions throughout 1 Kings 17-19?
- What instances in 1 Kings 17-19 demonstrate the impact of fear on the people of Israel?
- In what ways does fear contribute to Elijah’s isolation and feelings of despair in 1 Kings 19?
- How does God meet Elijah in his fear in these chapters?

**Break into smaller groups to dive deeper (25 minutes).**

*Pick a few of the questions below to guide your group time together.*

- During Shan’s sermon, he talked about how as kids we have simple fears (afraid of spiders, the dark, etc.) but how as adults those fears become more complex. What were some of your simple fears as a child?
- Are there any fears or anxieties that have been holding you back in life? How are they affecting you? How do you tend to respond to fear? Do you find yourself retreating and hiding, or do you confront it head-on? How has this response shaped your experiences and outcomes?
- What are some patterns or triggers that tend to evoke fear in your life, and how do they impact your relationships, goals, or overall well-being?
- Are there any areas in your life where fear has prevented you from fully trusting in God? How might you cultivate a deeper sense of trust and surrender?

- In his sermon, Shan suggested several practical strategies or practices you can adopt to help you navigate and manage fear more effectively, drawing from Elijah's journey and experiences. He mentioned how you can (1) Take care of your body; (2) Engage with God; (3) Pursue your purpose; (4) Find healthy community; and (5) Turn to God and His Word for comfort. Which of these do you find easiest when confronted with fear? Which is hardest? Explain.
- How does an occasional fear or a perpetual fear keep you from healthily engaging in these five areas? Where, (if at all) are you inhibited?
- How does the story of Elijah and his triumph over fear inspire you to confront your own fears and step into a greater sense of courage and purpose? What specific actions can you take to move forward in this journey?

**Come back as a large group, read Scripture, and finish with prayer (10 minutes).**

Ask different members of your group to volunteer to read each of the following verses over your group:

- Psalm 34:4
- Psalm 46:1,2,10
- Psalm 56:3-4
- Psalm 73:26, 28
- Isaiah 41:10

Once finished, end your group time with prayer.

**EXTRA:**

1. If you did not complete it during group time, do the Elijah practice in your Unearthed devotional book (pg. 65-66).
2. Also, be sure to listen to this week's Unearthed bonus podcast episode which you can find on our website at [thecreek.org/unearthed](http://thecreek.org/unearthed).