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Dealing With Dark Times

1 Kings 18 & 19

THE SHOWDOWN

1 Kings 18

THE LETDOWN

1 Kings 19

Disappointment Comes From:

- ▶ Difficult people

- ▶ Physical and emotional exhaustion

- ▶ Isolation

- ▶ Unrealistic goals

- ▶ The crash after an adrenaline rush

THE LOWDOWN

How To Get Out Of The Slump

Growth Group Homework

_____ *For the week of May 19, 2019* _____

Quick Review: Looking back at your notes from this week's teaching, was there a particular point, verse or comment that caught your attention, challenged you or raised a question?

MY 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?

TAKING IT HOME

Looking back at the "Letdowns" from this week's teaching, are there any that are particularly important for you to remember right now to help you continue to move forward or that you need prayer for?

Are there any steps in "getting out of the slump" you want to focus on?

Any other prayer requests?