

Small Group Questions: Reactions/Where Is Your Faith?

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Read

1 Kings 18:36-38 & 39, 19:3-9

Reflect

Our series, "Reactions," is about how we can really see what is in our hearts based on how we react to things. In this message, Pastor Adam Martin uses the story of Elijah to show how even a prophet who sees God move powerfully can become afraid and discouraged. We learn from this story that it's hard to see God when we are physically, emotionally, or spiritually unhealthy.

1. Our physical health affects our reactions.

- a. Describe a time when your reactions seemed out of the proportion to a situation because you were physically exhausted.
- b. Do you rest? If so, how?
- c. Do you protect a day of Sabbath in your week? If not, how can you start this practice?

2. Our emotional health affects our reactions.

- a. Have you let any hurts harden you? If so, what hurts and how are you hardened?
- b. Do you isolate or run as a coping strategy? Explain.
- c. What is one concrete step you can take toward relationships this week?

3. Our spiritual health affects our reactions.

- a. What do you tell yourself about what is happening to you/has happened to you?
- b. Do you ever assign motives to God based on your circumstances? If so, what?
- c. Are your storms too much for you? If so, do you resist giving them to God? Why?
- d. What do your reactions convey about what is going on with your spiritually?

Respond: Where is God leading you? How can your small group support you?