



## NEW HORIZONS SMALL GROUPS

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**Sermon Title:** “Overcome - Elijah and Discouragement” - Randy Hood

**Scripture Reference:** 1st Kings 18-19

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### **Connect: Grow together**

- How did God show up in your life this week?
- What are you thankful for this week?
- How did you grow in your Christian faith this week?

### **Deeper: Beyond the message**

- What was the main point of today’s message? How would you summarize it in one to three sentences?
- What point stood out the most to you? Why this point?
- What did the message say about you, God’s people and/or the world?
- How can you apply the message this week?

### **Application and Challenge**

- What are the three most common ways you deal with personal trials and discouragement? How are those ways helpful or not helpful?
- Read 1 Kings 18:16-45. How did God use Elijah? How was this a great victory for God?
- Read 1 Kings 19:1-11. Why did Elijah run from Jezebel? What did God show him in the wilderness? How might that message have been encouraging to Elijah?
- Pastor Randy defined discouragement as “a loss of hope.” Explore how his five points might help us fight discouragement this new year: Be honest John 8:31-32), Take care of your body, Pay attention to your thoughts (Romans 12.2), Train yourself to see what is true about the situation (Hebrews 11:1) and Press close to God (Deuteronomy 4:29). How might we tangibly do each of these things in 2021?