



When We Have Had Enough

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The Lord is near. Philippians 4:5b (NIV)

Do not be anxious about anything ...

Philippians 4:6a (NIV)

1 Kings 19:2-4 (NIV)

Q—When have you had enough?

When we have had enough....

⇒ **We _____ away or just get run down.**

Elijah was afraid and ran for his life. 1 Kings 19:3a (NIV)

⇒ **We _____ ourselves.**

1 Kings 19:3b-4a (NIV)

⇒ **We focus on the _____.**

1 Kings 19:4b (NIV)

⇒ **We _____ God.**

Elijah means "My God is Yahweh."

1 Kings 19:5-13 (NIV)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6–7 (NIV)

Today's Core Truth: When we've had enough, Jesus is enough.

Q—What are you doing here?

ANSWER KEY: run, isolate, negative, forget



Study & Discussion for Your Next Small Group

Theme: A Gentle Whisper

Share Together: Where is your favorite “get away”?

Reflect Together: What “take-aways” did you receive from Sunday’s message?

Would you agree or disagree that anxiety is a major issue in our culture and why?

Read: 1 Kings 19:1-12

Discuss Together

- Why did Elijah run even after the victory he experienced before? How can we do the same when reacting to conflict? What was the result emotionally for Elijah?
- Why did God ask Elijah, “What are you doing here?” What did He mean by this question?
- When have you experienced a spiritual roller coaster from a great high to a very low point in your life? What did God teach you in the process?
- Why did Elijah respond to God the way he did? What do you think he was feeling based on his answer? What would your response be?
- What was God revealing about himself to Elijah through these dramatic moments versus the gentle whisper?
- How have you seen God reveal himself to you in a dramatic way? How about in a small way?
- How do you relate with Elijah’s experience of God revealing himself in a gentle whisper? Have you had a similar experience and what did you hear/feel God say to you?
- If God were to whisper to you, what do you think He would say? What would you like to hear?
- How can we hear God’s whisper in our lives? What do you need to change in your life to help you to listen to his voice this week?

Pray Together (or in smaller micro groups)