



When Fire Fades LG

[From Despair to Recommissioning]

1. Opening

Leader Tip: Begin with a brief reminder of last week's story - Elijah's victory on Mount Carmel (1 Kings 18) - and how this passage follows immediately after.

Read: 1 Kings 19:1-18 (either together or in sections).

Question:

Have you ever experienced a moment when something great happened - but soon after, you felt completely deflated or worn out?

Transition: That's exactly where Elijah finds himself - from a mountaintop victory to a deep valley of despair.

2. Elijah's Despair (vv.1-5)

Elijah flees from Jezebel and collapses in exhaustion and fear.

Read verses 3-5 aloud.

Discuss:

1. What strikes you about Elijah's honesty in verse 4 - *"I've had enough, Lord"*?
2. Why do you think Elijah isolates himself? Have you ever "done an Elijah" - withdrawn because it felt safer?
3. What do these verses show us about how God welcomes our honest emotions?

Reflect (optional journaling prompt):

Is there something in your life right now that feels too heavy? What would it sound like to cry out to God about it as Elijah did?

Leader note: Emphasise that lament and exhaustion are not signs of failure - they're part of the human journey of faith.

3. God's Care and Restoration (vv.6–10)

Elijah is met by an angel who provides food, drink, and rest - twice.

Read verses 6–8 aloud.

Discuss:

1. How does God respond to Elijah's despair?
(Note: through touch, food, sleep, and companionship - not a lecture!)
2. What can we learn from God's care about how we support others in crisis?
3. The angel says, *"The journey is too much for you."*
Why might those words be healing to hear?

Reflection:

| What practices (rest, food, prayer, friendship) help restore you when you're weary?

Leader note: If appropriate, share a brief story of how simple, physical care has helped you or someone else reconnect spiritually.

4. God's Presence and Whisper (vv.11–14)

On Mount Horeb, Elijah encounters God - not in the wind, earthquake, or fire, but in a gentle whisper.

Read verses 11–13 aloud.

Discuss:

1. Why do you think God revealed Himself through a "gentle whisper" instead of dramatic power?
2. What does this teach us about how we can expect to hear from God?
3. Elijah covers his face and steps forward - what might that show about reverence and readiness?

Reflection:

Where do you most often sense God's presence - in the loud moments or the quiet ones?

What helps you listen for His whisper?

5. Recommissioned for Purpose (vv.15–18)

God doesn't just restore Elijah; He recommissions him with a new task.

Read verses 15–18 aloud.

Discuss:

1. How does God's command to *"Go back the way you came"* speak to Elijah's situation?
2. What do you notice about God's reassurance in verse 18 - that Elijah is not alone?
3. What might "recommissioning" look like for us today - personally or as a church?

Leader tip: Draw out that God's answer to despair isn't always escape, but renewed purpose and calling.

6. Respond and Pray

Personal reflection or group prayer:

What might God be saying to you through this passage? Do you need rest and restoration - or recommissioning and purpose? Take a moment to listen in silence, then share or write down what you sense God saying.

Close with prayer, thanking God for His presence in both the **mountaintops and valleys**, and asking Him to help each person listen for His gentle whisper this week.

Summary Points to Reinforce

- It's OK to be honest with God - He meets us where we are.
- God restores us physically and spiritually before recommissioning us.
- His presence often comes not in dramatic power but in a quiet whisper.

- When we feel alone or done, God still has purpose for us.