



April 5th
"Worried"
"Stuck In Tomorrow"

Big Idea: Stop Running; Face Tomorrow with God's Presence.

Running is something that can be healthy and enjoyable. Many find benefits that reach even beyond physical fitness. There is another type of running that is not so beneficial. We tend to run from tomorrow. Instead of facing the anxiety of the uncertain we run. This running leads us to places where we should never be. This series has challenged us to live in the today and trust God in the tomorrow. This lesson will look at a story of a prophet who had a lot to worry about and instead of trusting God he ran. Hopefully, we will be challenged to stop running and face tomorrow with God's presence.

Open it: When you were in the 7th grade what person did you admire? Did you have a "boyfriend or girlfriend? What or who were you afraid of?

Dig it: I Kings 19:1-18.

In order to appreciate this text we need to know what had happened to Elijah up to this point. Elijah had endured some very difficult times and all along the way God had been the ultimate Provider. He also had seen God perform a great miracle as he silenced the prophets of Baal. We find Elijah in Chapter 19 a victorious prophet.

1. Verses 1-4. Why do you think Elijah responded to this threat in this way? Contrast this response with the incredible story in Chapter 18 about Mt. Carmel.
2. Verses 5-9. What specifically does God do in response to Elijah's "running?" What do you think the purpose of God's question is in verse 9?
3. Verse 10. Do you try sometimes to convince God of your incredible mistreatment?
4. Verses 11-13. What do you think God is doing with the wind, earthquake, fire and then a whisper? What is He communicating?
5. Verses 14-18. Elijah repeats his mistreatment and then God reveals a plan. What do you learn about God and how he works in this verse? What do you think Elijah learned?

Reflect on it:

1. In what area of your life are you "running?" How are you avoiding your tomorrow?
2. Can you relate to the title of this week's lesson, "Stuck in Tomorrow." How do you find yourself stuck?
3. Think of God's provision to Elijah. Make a case as to why you should not worry about tomorrow based upon God's provision. Be specific!
4. In this weeks worship we heard a song listing descriptions of how God provides for us. What descriptions touched or encouraged you?

Do it:

1. How can the group pray for you to stop running and trust in God's presence?

