

Down but not out

Watch the introductory video

Do you ever have days when you feel discouraged, alone or sad?

Life is full of experiences that test our character and our resilience. In today's Bible story we learn about the time when Elijah, God's prophet, felt depressed, alone and a failure. Even strong heroes of the faith can go through difficult times. How can God help us when we get like this?

In last week's lesson Elijah challenged the prophets of Baal to a contest. Can you remember what it was and what the outcome was? Now Elijah gets scared and runs away.

See the story at this video link: <https://www.youtube.com/watch?v=fEVI3Cgm4vE>.



QUESTIONS

Grab a Bible and look up 1 Kings 19.

- (1) What made Elijah run away? (See verses 1-3)

- (2) What was getting Elijah down? (See verse 10).

- (3) After seeing three demonstrations of nature's power what was it that really got Elijah's attention?

- (4) Do you think we sometimes have to be very quiet to hear God's voice? Explain.

- (5) What were the three jobs that God still had for Elijah to do? (See verses 15-16).

- (6) Elijah thought he was alone in following God. Was this true (See verse 18)? How would Elijah feel after being told that God still had many followers in Israel?

- (7) Look up 2 Timothy 1:7. How does God want us to respond when we feel afraid or timid?

ACTIVITY

Paste a photo of yourself in the picture frame and colour in the text from 2 Timothy 1:7. Try to memorise this verse.