



Title: God Is With Us in Our Loneliness

Text: 1 Kings 19:1-19

According to many experts we are experiencing a loneliness

“I alone am left...” 1 Kings 19

- 1) Elijah _____ (1 Kings 19:1-8)
–Elijah flees from Jezreel down to Mount Horeb, a journey of about _____ total miles
- 2) Elijah _____ (1 Kings 19:9-14)
–God was “not in” the wind, the earthquake, or the fire. God was in the _____
- 3) Elijah _____ (1 Kings 19:15-19)
–God sent Elijah to appoint _____ as his successor

What are some strategies a professional counselor might suggest for overcoming loneliness? What might be helpful for you?

How did God get through to Elijah?

- 1) He silenced the _____ around and inside Elijah
- 2) He gave Elijah direction, _____, and connections
- 3) He reminds Elijah that it’s not all about _____

In what ways did Jesus and his family experience loneliness?

Who were some loners that Jesus reached out to?

Hebrews 4:14-16 – Jesus is able to “_____ with our weaknesses...”

Psalms 34:18 – The LORD is near the _____

Going Deeper | Study & Discussion Questions

1. How have you (or your friends/family) experienced the loneliness epidemic?
2. Why did Elijah run in the first place? Do you think his response was warranted, or was it an overreaction?
3. What practices can we do in order to hear the “soft whisper / thin silence” of God? What benefit would that have?
4. When you or someone you know is feeling lonely, what are some of the best things to do?
5. In what ways can Jesus sympathize with our struggles/weaknesses?
6. Do you know anyone who might feel lonely this Christmas season? How can you reach out to them and show them love?

