

LIFE GROUP DISCUSSION GUIDE

PRAY TOGETHER

Holy Spirit, we invite you into this time and open our hearts to your gentle whisper; quiet the noise of our week so we can truly hear your voice. Thank you, just like Elijah, we are never alone in the cave, and you are present with us in our fear, discouragement, and confusion. As we discuss, convict us where we are “wavering between two opinions” and reveal any idols or divided loyalties in our lives. Give each of us the courage to say yes to you and to leave this conversation with a clear, practical step of obedience. Amen.

ICE BREAKER

Would you rather - witness a powerful “Mount Carmel moment” or experience a quiet, personal moment hearing God’s gentle whisper. Why?

SERMON OVERVIEW



SCAN FOR
SERMON CLIP



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We often picture prophets as fearless spiritual giants who never wrestle with doubt or fear, but Elijah’s story shatters that illusion. Immediately after one of the most dramatic spiritual victories in Scripture, this mighty prophet found himself hiding in a cave—despondent, suicidal, and convinced he was completely alone. That jarring transition reveals a profound truth about our spiritual journey: even after mountaintop moments, we can still end up in emotional, relational, or spiritual caves. Instead of rebuking or shaming Elijah, God asks a simple question: “What are you doing here?” That invitation to conversation uncovers four transformative truths we desperately need when we find ourselves in our own caves: 1) God is with us in the cave—we are never truly alone. 2) God cares that we’re struggling—He invites honest, unfiltered conversation. 3) God speaks to us in the cave—often not through dramatic displays, but through a gentle whisper that requires us to quiet the noise of our lives. 4) God is patient with us—even when we repeat the same discouraged response, He doesn’t give up on us but entrusts us with new assignments and renewed purpose. The truly impressive miracle isn’t just fire falling from heaven; it’s God’s patient, persistent presence with us in our darkest moments.

READ SCRIPTURE

1 KINGS 18:15-21, 29-40; 1 KINGS 19:1-18

CONNECT RELATIONALLY

1) Pastor Mark asked: "Have you ever found yourself in a cave?" Share (as you feel comfortable) about a time when you experienced:

- An emotional cave (depression, anxiety)
- A physical cave (health crisis)
- A relational cave (broken relationship)
- A financial cave (economic hardship)

2) Elijah said, "I am the only one left." Have you ever felt completely alone in your struggle? How did that isolation affect your perspective?

3) Pastor Mark stated that in many ways, we are similar to the Israelites. In what ways might we be living with 'one foot in with God and one foot in the world,' similar to the Israelites wavering between worshiping Yahweh and Baal?

**GROW
SPIRITUALLY**

4) How would explain the dramatic shift between Elijah's victory on Mount Carmel and his subsequent fear in the cave? Why do you think he may have become so despondent? How does the reality of his emotional state challenge our expectations about what spiritual leadership and strength look like?

5) What does God's question to Elijah, 'What are you doing here?' reveal about His approach to us when we are struggling? How does the reality that Elijah gave the exact same answer to God's question twice reflect our own resistance to change even after encountering God's presence?

6) What does God's patience with Elijah, giving him an assignment rather than rebuking him for his repeated complaint, teach us about how God works with us in our weakness?

**LIVE
GENEROUSLY**

7) What 'noises' or distractions in modern life most effectively drown out your ability to hear God's quiet whisper, and what practical steps could you take to create space for listening?

8) If you are aware of a "cave" area in your life (emotional, relational, spiritual, financial), what is one practical action you can take this week to step toward help—whether by telling a trusted friend, seeking counseling, asking for prayer, or making a needed change?

9) After meeting Elijah in the cave, God gave him tangible assignments to carry out (1 Kings 19:15–21). As you reflect on the sermon, what is one specific act of obedience—however small—that you sense God may be asking you to take, and how will you ensure you follow through?

**TAKE
ACTION**

Based on our conversation today, how do you sense the Holy Spirit inviting you to take a next step in practical application? Please complete this statement, I am feeling convicted to take the following action (keep it simple):

Please invite each group member to share their next step, if they have one.

**PRAY
TOGETHER**

Take a few minutes for each person to share a recent joy or praise, as well as something that's weighing on their heart. Then invite someone to pray over these requests. Be sure to pass them along to everyone in the group so you can keep praying for one another between meetings.

**ENGAGE
TOGETHER**



Valor One-Night Kickoff Event - The world needs men who are unapologetic in their faith. The world needs men who stand up for what's right and don't shrink back. The world needs men who walk in honor and stand for the truth. The world needs you, mighty man of Valor. Join us on August 13th for a night of equipping and encouragement as we lean into the fight and learn to be the men God created us to be. Registration Cost: \$35 Northview Kokomo Campus