



## STUDY GUIDE – September 13, 2020

**Message Title:** ENOUGH  
**From the Mountain to the Valley**

**Teaching Pastor:** Brian Hughes

### **Warm-up/Icebreaker:**

#### Five Finger Showdown

For this game, everyone in your group can hold up one hand with five fingers extended. Then, the host can list, one-by-one, specific and unusual life experiences.

Here are some more fun prompts or you can make up your own:

- Adopted a dog
- Ate ice cream in the last 24 hours
- Climbed a mountain
- Made pizza from scratch
- Can say thank you in at least five languages
- Fallen down within the last year
- Sang karaoke this summer
- Considered trying out for a game show or reality show

If a team member has the mentioned life experience then they can put one finger down. Either the player that puts all fingers down first wins, or if you want a twist then the last player with fingers remaining up wins instead.

### **Pray:**

Dear Lord, like Elijah we often find ourselves saying “enough.” It has been easy for us to fall victim to the discouragement all around us, but You lift us up and dust us off. Remind us, as You did with Elijah that You are very close, close enough to give us a gentle whisper. We long to hear You and sense Your closeness. In Jesus’ name we pray. Amen.

### **Get Started:**

Elijah told God he had had enough. What have you had enough of? Consider going around the room (multiple times) while people give one answer at a time.

#### **Read 1 Kings 19:1-12**

- How did Elijah get from the unbelievably powerful experience of calling fire from heaven and being used by God to execute one of the most dramatic miracles ever recorded to running for his life, in fear of Jezebel?

We all experience seasons when we drive so hard and are so focused on family, work, relationships, and yes even God. In those seasons it is easy to forget that God designed us with limits, that rest is not just needed but required. In those moments we can find ourselves on the run, looking for refuge, and then suddenly wondering where God is. When we are exhausted the Lord reminds us just like he did Elijah that the only thing that will suffice is removing ourselves from everything to be in the presence of the Lord. The Lord's plan for Elijah was rest and help he would send.

### **Watch and Discuss video:**

“Elijah’s journey to health included a deep connection with God. A new connection with God. Elijah expected God to show up in big, bold, booming ways. But what he needed was the gentle voice of God speaking into his life – the quiet reminder that His primary purpose for creating us is not just for us to do, but for us to BE.” -Pastor Brian Hughes

Pastor Brian and Susan openly discussed their personal experience with depression in the follow-up video.

- What impacted you the most in hearing their story?
- Have you or someone you loved experienced depression before and what helped during that tough season?

### **Reflect and Commit:**

“Everyone who is depressed needs to reconnect with God, even if they don’t know it. We wonder where God is, we don’t feel his presence. Maybe we read the words of the Bible and they seem empty. It is especially in these seasons that we need to cry out, not for God to take our lives, but for God to renew our lives... And as you cry out for Him, again and again claiming what you know to be true, even if you do not feel it, you will find Him again. Don’t convince yourself that you have to get better first, be happy first. It’s ok. We’re here, God’s here. Regardless of where you are, you can come just like you are, lay down your burden before him, and find his voice in the gentle whisper. Because God wants to do for you what He did for Elijah - he wants you to be whole, complete, and in His presence. In your darkest place know this: God is not finished with you. Come towards him, cry out to Him, and He will find you and He will rescue you.” -Pastor Brian Hughes

### **Read Psalm 102:1-2 and Psalm 143:7-9**

- What verse has been your cry to God during this season of whatever you have had enough of, and why?

### **Pray:**

Dear Lord, You give us all we need, providing sustenance, rest and encouragement. You are renewing us day by day and keeping us focused on You so that we can continue our journey ahead, persevering now matter how dry life gets. You’ve shown us that we are no different than Elijah and You can use us in powerful ways. Strengthen us through the valley and lead us to the mountain again. In Jesus’ name we pray. Amen.