



## Depression in the Cave | 1 Kings 19:1-10

1. How do you think this great prophet Elijah came to be in such a 'dark' place? (v4)
2. Can you identify with Elijah's experience? How – are you willing and able to share this with us? (v4b)
3. What are the aspects of his 'depression'? (vv1-5)
4. How does The LORD respond? (vv5b-6)
5. Do we sometimes try to deal with the 'spiritual' causes of low mood, while perhaps missing practical/physical reasons? (vv5-6)
6. Have you ever found that "the 'journey' is too much for you"? (v7b)
7. Discuss the 'spiritual warfare backdrop' to this story (v2 and Ephesians 6:10-13 and context)
8. Elijah is isolated, perhaps lonely, and deeply discouraged – what relational, community dynamic may have helped and how is that relevant for us?