

Knocked Down...But Not Out

The Showdown

1 Kings 18

The Letdown

1 Kings 19

Disappointment can come from:

- ▶ Dealing with **difficult** people
- ▶ Getting **physically**, **emotionally** and **spiritually** drained
- ▶ **Isolation**
- ▶ Unrealistic **goals** and **thinking**

The Lowdown

How to get out of the slump:

- ✓ **Eat & sleep**
- ✓ **Vent to God**
- ✓ **Focus on God's power**
- ✓ **Focus on others**
- ✓ **Don't do this alone**

Growth Group Homework

For the week of November 13, 2016

QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged or confused you?

MY STORY

1. This weekend we explored four main areas that can cause disappointment for us. Is there one of these you've had to deal with more than the others? If so, explain.

2. Chris mentioned five ways for us to get out of a slump. Which one or two of those have you found to be most helpful?

DIGGING DEEPER

1. In this past weekend's sermon, we heard that venting our frustrations to God during the dark times is not only acceptable but can actually be healthy for us and our relationship with God. What's your response to Jeremiah's venting of his frustration found in Jeremiah 20:7-10, 14-18?

Jeremiah 20:7-10 *New International Version (NIV)*

Jeremiah's Complaint

⁷ You deceived me, LORD, and I was deceived;
you overpowered me and prevailed.

I am ridiculed all day long;
everyone mocks me.

⁸ Whenever I speak, I cry out
proclaiming violence and destruction.

So the word of the LORD has brought me
insult and reproach all day long.

⁹ But if I say, "I will not mention his word
or speak anymore in his name,"

his word is in my heart like a fire,
a fire shut up in my bones.

I am weary of holding it in;
indeed, I cannot.

¹⁰ I hear many whispering,
"Terror on every side!
Denounce him! Let's denounce him!"

All my friends
are waiting for me to slip, saying,

"Perhaps he will be deceived;
then we will prevail over him
and take our revenge on him."

Jeremiah 20:14-18 *New International Version (NIV)*

- ¹⁴ Cursed be the day I was born!
May the day my mother bore me not be blessed!
- ¹⁵ Cursed be the man who brought my father the news,
who made him very glad, saying,
"A child is born to you—a son!"
- ¹⁶ May that man be like the towns
the LORD overthrew without pity.
May he hear wailing in the morning,
a battle cry at noon.
- ¹⁷ For he did not kill me in the womb,
with my mother as my grave,
her womb enlarged forever.
- ¹⁸ Why did I ever come out of the womb
to see trouble and sorrow
and to end my days in shame?

Can you think of any indicators that a person's "venting to God" is over the top and no longer helpful to them, others or God?

2. Keeping God's power in mind is one of the keys to dealing with the "letdown." What encouragement do you find in Psalm 46 for remembering God's power and control over not only our lives but the whole world?

Psalm 46 *New International Version (NIV)*

- ¹ God is our refuge and strength,
an ever-present help in trouble.
- ² Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
³ though its waters roar and foam
and the mountains quake with their surging.
- ⁴ There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.
- ⁵ God is within her, she will not fall;
God will help her at break of day.
- ⁶ Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.
- ⁷ The LORD Almighty is with us;
the God of Jacob is our fortress.
- ⁸ Come and see what the LORD has done,
the desolations he has brought on the earth.
- ⁹ He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.
- ¹⁰ He says, "Be still, and know that I am God;

I will be exalted among the nations,
I will be exalted in the earth.”

¹¹ The LORD Almighty is with us;
the God of Jacob is our fortress.

How do you relate to how Jeremiah keeps God’s power in mind in the midst of high frustration in

Jeremiah 20:11-13 *New International Version (NIV)*

¹¹ But the LORD is with me like a mighty warrior;
so my persecutors will stumble and not prevail.
They will fail and be thoroughly disgraced;
their dishonor will never be forgotten.

¹² LORD Almighty, you who examine the righteous
and probe the heart and mind,
let me see your vengeance on them,
for to you I have committed my cause.

¹³ Sing to the LORD!
Give praise to the LORD!
He rescues the life of the needy
from the hands of the wicked.

Can you think of any verses, attributes or characteristics of God that have helped you through difficult times?

3. As we heard this weekend, God recognizes there will be times we need to recoup and refresh. For Elijah this refreshment started with sleeping and eating. What do you learn from the passages below about the kind of rest and refreshment God wants to provide us?

Exodus 20:8-12 *New International Version (NIV)*

⁸ “Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

¹² “Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.

Mark 6:30-32 *New International Version (NIV)*

Jesus Feeds the Five Thousand

³⁰ The apostles gathered around Jesus and reported to him all they had done and taught. ³¹ Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

³² So they went away by themselves in a boat to a solitary place.

Psalm 127:1-2 *New International Version (NIV)*

¹ Unless the LORD builds the house,
the builders labor in vain.
Unless the LORD watches over the city,
the guards stand watch in vain.

² In vain you rise early
and stay up late,
toiling for food to eat—
for he grants sleep to those he loves.

Psalm 23 *New International Version (NIV)*

¹ The LORD is my shepherd, I lack nothing.

² He makes me lie down in green pastures,
he leads me beside quiet waters,

³ he refreshes my soul.

He guides me along the right paths
for his name's sake.

⁴ Even though I walk
through the darkest valley,

I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

⁵ You prepare a table before me
in the presence of my enemies.

You anoint my head with oil;
my cup overflows.

⁶ Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the LORD
forever.

Can you think of a change you need to make in order to experience more rest and refreshment in your life?

TAKING IT HOME

1. Looking back at the “letdowns” from this week’s teaching, are there any that you are currently dealing with and would like prayer for?

2. Are there any steps in “how to get out of the slump” you want to focus on?

Praise/Prayer Requests:



The “Amazing Race To Serve” Event is coming Saturday, February 4, 2017!

It will be part race, part party and all FUN for everyone – from the adrenaline junkie to the techie type and everyone in between! Start making your plans to support a team, be part of a team and cheer a team on!

NEW: Family Friendly Course / Grand Prize Fundraiser Challenge

You can sign up, make a donation, or get more information online at amazingracetoserve.com *All money raised will go to our next Weekend of Service, scheduled on April 29-30, 2017.*