

MESSAGE DISCUSSION GUIDE

Assembly Required // Week 4 // Picking up the Pieces

July 23/24, 2017



ICEBREAKER

Do you enjoy putting puzzles together? Why or why not? How do you put a puzzle together, what's your technique?

KEY SCRIPTURE

1 Kings 19:1-15

DISCUSSION QUESTIONS

1. What thoughts do you think were going through Elijah's mind when he was running away from Jezebel's threat? Why do you think we still struggle with fear, even after God has proven himself in our lives?
2. Do you tend to focus more on little failures or little successes? When it comes to your view on accomplishments, who are you usually harder on, yourself, or other people? Why do you think you are this way?
3. **Read Romans 3:23-24.** How does God view our failure? We all fail, we all sin, but that's not what defines those who have put their trust in Jesus' work on the cross. What defines us in God's eyes?
4. Elijah was tired and hungry. We have a word for this today, we call it "hangry." When you get hangry how do you act? Is this typically a good time for you to make rational decisions? What do you learn about the heart of God as he gives Elijah time to rest and eat?
5. How can **John 16:33** encourage us when life circumstances, especially difficult ones due to our faith, make us feel defeated?
6. In this week's message we learned about the importance of caring for ourselves. **Read Mark 2:27.** Jesus believed in rest, he called it a Sabbath. How do you rest and recharge? Have you made time to do that lately?
7. One trick the enemy likes to use is the trick of isolation. How have you seen this at work in your own life? How has community helped you overcome obstacles or feelings of isolation and depression?
8. Is there any area of your life right now that you are wanting God to show up in and He hasn't yet? Is it possible that the way God wants to move is different than the way you are expecting him to? Talk about this with the group.
9. God has designed us to be fulfilled and full of joy when we love and serve one another. Think back to a time when you did this, how did it change you? What are some ways you can engage with others when things are getting difficult and your focus is getting stuck inward?

PRAYER

Pray together, asking God to help you as you learn to care for yourself, so that you can care for those around you. Pray specifically for areas in each others' lives that seem isolating and energy draining. Pray that God would open eyes and give new perspectives to see the ways He is already moving.

CHALLENGE

Which area do you most need to work on: taking care of yourself, surrounding yourself, checking yourself, or engaging yourself? Write down one thing that you can do this week that will help you grow in that area. Pick someone from your group to help encourage you and check in with you on this goal.