



HANG OUT (10 MINS)

- Welcome people as they arrive.
- Spend a few minutes making small talk/offer snacks.

ICE BREAKER (10 MINS)

- Ask three to four people: If you could choose any actor/actress to play you in the movie about you, who would it be? Why him/her?

SERMON DISCUSSION (50 MINS)

- Worship and Prayer
- Read Bible verses: Read **1 Kings 19:1-16**

RECAP

Ask DGroup members to share their favorite points from the sermon *CAUSE/CURE*; learn about what spoke to them, a phrase or moment from the sermon they related to the most, or questions they have. If members have a hard time recalling the sermon, talk through your notes and share your favorite points. If we will just follow God's prescription for Elijah's condition, we could prevent or even reverse anxiety/depression.

FOLLOW RHYTHMS OF REST

- How could Elijah—someone with such a strong relationship with God—still get overcome with fear and experience depression? (vs. 3-5)
- Why is exhaustion one of the leading causes of anxiety and depression?
- What in your life tends to drain you the most? (e.g., relationships, work, school, etc.)
- What does the Bible say about taking a break (Read Exodus 20:8-11)? How is taking days off beneficial for your body, soul and spirit?
- What can you do to adjust your life to accommodate rhythms/patterns of rest?

FIND FRIENDS

- Why do you think did Elijah leave his only companion?
- When is it right to draw away from or draw near to people?
- What did God send to Elijah (1 Kings 19:5-8)?
- Has there ever been a time when God sent a friend in your time of need? Share.
- When was the last time God prompted you to "be present" for a friend, how did that go for you both?
- Why is community/church so important in God's design for our growth?

FOCUS ON THE POSITIVE

- What was God's soul-searching question for Elijah and what was his response? (Read 1 Kings 19:9-10, 13-14)
- Why does self-pity exaggerate the negative things in a situation?
- Have you ever experienced self-pity, loneliness and insecurity, what were the causes? How did it affect you?
- How can worship and choosing to be in the presence of God help refocus our attention?
- Share an experience where worship shifted your perspective for the better.

CHOOSE LIFE

- Read Deuteronomy 30:19-20.
- Depression and anxiety tend to highlight the negativity and death. Pastor said that "choosing life is choosing God, choosing God is choosing life." How can we continue to be life-giving (in our words, choices, decisions, relationships, etc.)

CLOSING ACTIVITY (5 MINS)

- Prayer Requests and Prayer. Ask DGroup members to share any prayer requests they have. Record any notes or prayer requests to pray for members during the week.

ANNOUNCEMENTS:

Christmas Prom December 15

Christmas Eve Worship December 24

NYE Praise Party December 31