

## CELL MEETING GUIDE 13 TO 19 MAY 2024

### **ENTER INTO FELLOWSHIP**

Ice breaker resources can be accessed here -

<https://www.cru.org/us/en/train-and-grow/help-others-grow/leading-small-groups/small-group-icebreakers.html>

### **EXALT GOD IN PRAISE AND WORSHIP**

Worship videos are accessible both from our LSBC Youtube channel "LSBC Livestream" or in the Resources page of our LSBC website

[www.lsb.org.sg/resources](http://www.lsb.org.sg/resources)

### **EDIFY ONE ANOTHER THROUGH HIS WORD**

Sermon Title: Overcoming Fear and Discouragement

Sermon Date: 12 May 2024

Reference Text: 1 Kings 19:1-16

Speaker: Elder James Lee

### **SERMON RECAP**

#### **Introduction:**

- The context behind Elijah's fear and discouragement was from 1 Kings 18, after he had a showdown with the prophets of Baal.

#### **1. Elijah's Response to Jezebel's Threats**

- Elijah's Fear
  - a. Elijah was petrified and ran for his life. He despaired and wanted God to take away his life. This is despite having just experienced the power of God at Mount Carmel (1 Kings 18:20-40).
  - b. **Lesson**: the feeling of fear does not mean a lack of faith.

- i. We should not be afraid to acknowledge how we feel, whether it's fear, worry or anxiety.
  - ii. But we should not let this fear engulf us.
- Elijah's Response to His Fear
  - a. Elijah ran to "to Horeb, the mount of God", which was the place where God made a covenant with the Israelites and gave the Ten Commandments and other laws.
  - b. **Lesson:** when we fear, we should follow Elijah's example and run to God. Tell God how we feel.
    - i. **God is pleased when we go to Him in our anguish. In doing so, we honour Him as God.**
    - ii. Other examples of God's people crying out to Him:
      1. Job (Job 7:11)
      2. David (Psalm 88)

## 2. God's Response to Elijah

- The Lord sent an angel to bring Elijah hot food and water.
  - **Lesson:** Remember that God is always watching over us. He cares for us deeply, knows what we need and will provide for us.
- Elijah was only looking at himself and his problems. He had not expected something as adverse as this to happen to him.
  - Instead of talking to Elijah about his problems, God took care of Elijah physically.
  - **Lesson:** God was trying to shift Elijah's focus from him back to God. God is way bigger than our problems, and His inaction and silence does not mean that He does not care.
- **What can we do?**
  1. We must turn to God's promises in the bible, so that in times of hardship we have something sure and true to anchor on.
  2. Talking to someone in church is important, someone who can pray with us and journey with us.
  3. Pray with one another as much as possible.

### **Sharing and Praying**

1. Share with one another on any areas where you have been feeling fearful, worried or anxious recently.
2. What do you do to manage these feelings? Did the sermon change your perspective on how we should respond to these feelings?
3. Find passages in the bible that reflect God's promises for our lives. In 2s or 3s, pray these passages over each other.

### **ANNOUNCEMENTS**

[Please refer to the bulletin for more announcements.](#)