

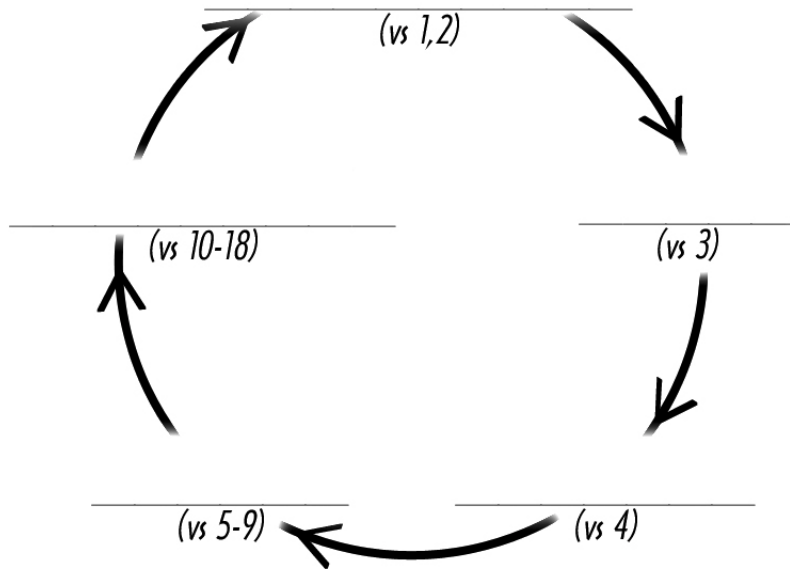


# ELIJAH

INCREDIBLE INSIGHTS INTO BREAKING  
THE CYCLE OF DISCOURAGEMENT

Pastor Rob Carlson · 1 Kings 19 · July 31, 2005

## 5 STAGES IN THE DISCOURAGEMENT LIFE CYCLE



### Small Group Discussion Questions

1. How do you deal with discouragement?
2. Review the points and Bible verses from this lesson. What personal application can you make from this week's teaching?
3. Recall God's Incredibles and share various principles on how they overcame discouragement.
4. Take some time right now to pray for the needs of those in your small group.

## INCREDIBLE INSIGHTS INTO BREAKING THE CYCLE OF DISCOURAGEMENT

R\_\_\_\_\_ God

*Psalm 46:10--Be still and know that I am God.*

E\_\_\_\_\_ and \_\_\_\_\_ right

*1 Corinthians 6:19,20--Your body is a temple of the Holy Spirit...therefore honor God with your body.*

F\_\_\_\_\_

*Proverbs 18:24--A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.*

R\_\_\_\_\_ and \_\_\_\_\_

*Genesis 2:2--...on the seventh day he (God) rested...*

E\_\_\_\_\_ yourself

*Philippians 4:8--Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

S\_\_\_\_\_

*Philippians 2:3-5--Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus.*

H\_\_\_\_\_ others

*Galatians 6:2 [NCV]--By helping each other with your troubles, you truly obey the law of Christ.*