

Discussion Questions for “Overlooked Wisdom: Battling Loneliness”
1 Kings 19 (Reading: 19:1-8), Pastor Tom Olson, Weekend of October 26th, 2025

Sermon Outline

Elijah’s Battle:

- Fear (vv. 1-3).
- Exhaustion (v. 4).
- Loneliness (vv. 10, 14).

God’s Response:

- Provision (vv. 5-8).
- Presence (vv. 9-14).
- Purpose (vv. 15-16).
- Promise (vv. 17-18).
- Partner (vv. 19-21).

The conversation on Mount Horeb points forward to Mount Calvary (vv. 9-18).

Sermon Questions

1. Thinking about Elijah’s fear, exhaustion, and loneliness...
 - a. Are you *surprised* or *not surprised* that he’s feeling this way?
 - b. Why so?
2. Even before discussing how God responds to Elijah, is there any help to be found just in seeing that such a great prophet battles with fear, exhaustion, and loneliness?
3. How does God provide for you and me today, both *spiritually* and *physically*?
4. God’s presence was “in the fire” when responding to the prophets of Baal in 1 Kings 18. But here in chapter 19, when responding to his own prophet, God’s presence was “in the low whisper.” What can we learn from this?
5. Why was it important for God to give Elijah a fresh purpose (verses 15-16)?
 - a. Why is the same important for you and me?
 - b. What purposes has God given *you*?
6. God makes promises to sustain Elijah in verses 17-18. When you’ve been down, what promises of God have sustained you?

(Questions continue on next page.)

7. Partners in life and ministry can be one of God's greatest gifts to us.
 - a. Why is it hard to both make and keep these relationships?
 - b. What can we do to form and strengthen these relationships?
8. Have you ever felt like Elijah does here in 1 Kings 19?
 - a. What did you learn about *yourself* in this season?
 - b. What did you learn about *God* in this season?
9. How does today's passage point to Jesus?
10. Any other takeaways from this passage or message?