



A GUIDE FOR SMALL GROUPS & SPIRITUAL REFLECTION

ABOUT THIS COMPANION

Summer often arrives with the promise of rest, yet many people still carry deep weariness within. Even in slower seasons, the soul can feel dry, anxious, overextended, or disconnected from God.

This companion is designed to accompany our summer sermon series, *Soul Care*, based on the story of Elijah. Through Elijah’s journey, we discover that God meets weary people with compassion, provision, rest, honesty, renewal, and purpose.

Unlike a traditional Bible study, this resource is intentionally simple and spacious. Each week includes:

- A thoughtful opening reflection
- Scripture focus and discussion questions for Sunday School classes and small groups
- A simple spiritual practice for the week
- A brief “For Further Reflection” section for continued spiritual engagement

Throughout this summer journey, we will walk alongside Elijah and discover how God restores weary souls through provision, prayer, rest, silence, courage, and renewed purpose.

WEEK	SERMON TITLE	SPIRITUAL FOCUS	SCRIPTURE
June 7	When the Soul Runs Dry	<i>Spiritual Dryness & Dependence</i>	1 Kings 17:1–7
June 14	Trusting God One Day at a Time	<i>Daily Provision & Trust</i>	1 Kings 17:8–16
June 21	Hope When Life Falls Apart	<i>Grief, Loss & Hope</i>	1 Kings 17:17–24
June 28	When Faith Must Stand Alone	<i>Courage & Faithfulness</i>	1 Kings 18:20–39
July 5	Praying Until the Rain Comes	<i>Persistence in Prayer</i>	1 Kings 18:41–46
July 12	When the Soul Is Exhausted	<i>Rest & Restoration</i>	1 Kings 19:1–8
July 19	Listening for the Whisper of God	<i>Silence & Attentiveness</i>	1 Kings 19:8–13
July 26	Passing the Mantle	<i>Legacy & Encouragement</i>	2 Kings 2:6–14

As we journey through this series together, may we discover again that God cares not only about what we do, but about the condition of our souls.

JUNE 7

“WHEN THE SOUL RUNS DRY”

1 Kings 17:1–7 | Psalm 63:1–8

GROUP GATHERING

Opening Reflection

The opening chapters of Elijah’s story unfold during one of the darkest spiritual seasons in Israel’s history. Under Ahab and Jezebel’s leadership, the covenant relationship between God and Israel had become fractured by idolatry, fear, and spiritual compromise. The drought Elijah announces is not merely a weather crisis; it reflects a deeper spiritual dryness within the nation itself.

Yet before Elijah confronts prophets on Mount Carmel or becomes a symbol of prophetic courage, he is first led into obscurity beside the Cherith Brook. There, God teaches Elijah dependence. The prophet who speaks boldly before kings must also learn how to sit quietly beside a drying brook and trust God for daily provision. Soul care often begins the same way. Not through dramatic moments, but through learning to recognize God’s sustaining presence in hidden and weary seasons.

Scripture Focus

1 Kings 17:1–7

Discussion Questions

1. What stands out to you about Elijah’s season beside the brook?
2. Why do you think God led Elijah into isolation before greater public ministry?
3. How does drought function spiritually as well as physically in this story?
4. What does Elijah’s dependence upon ravens and a brook teach us about trust?
5. Where do people today experience spiritual dryness or exhaustion?
6. How can hidden seasons become spiritually formative?

Soul Care Invitation

Spend ten quiet minutes outdoors this week without your phone. Simply notice what you hear, see, and feel. Ask God to help you become aware of his presence again.

For Further Reflection

Read Psalm 63 slowly at some point this week. Notice the imagery of thirst, longing, and dependence upon God. Consider where you most deeply need God’s presence in this season of life.

Closing Prayer

God of mercy, when our souls feel dry and weary, remind us that you are still near. Help us trust your provision one day at a time. Restore our hearts through your presence and grace. Amen.

JUNE 14

“TRUSTING GOD ONE DAY AT A TIME”

1 Kings 17:8–16 | Exodus 16:13–18

GROUP GATHERING

Opening Reflection

The widow of Zarephath stands at the intersection of vulnerability and faith. She is a Gentile widow living outside Israel during a famine severe enough to threaten survival itself. In the ancient world, widows often occupied one of the most economically fragile positions in society, and yet this unnamed woman becomes central to Elijah’s formation.

What makes this story remarkable is that God’s provision does not arrive through abundance, but through daily trust. Like Israel receiving manna in the wilderness, the widow is invited to depend upon God one day at a time. Scripture repeatedly teaches that dependence is not weakness in the life of faith; it is one of the primary ways God forms trust within us.

Scripture Focus: 1 Kings 17:8–16

Discussion Questions

1. One of Trinity’s affirmed core values is “Rest,” (or, in Hebrew, Sabbath). Our youth were greatly responsible for getting that particular value included. Why do you think the call to Rest was especially relevant to the youth?
2. What is the difference between believing that God exists and trusting God? Which is more challenging to you – belief or trust? Which is more likely to lead to peace in the soul?
3. Are you often weary or stretched or over-busy? Is any of that due to trying to pull yourself up by your own bootstraps?
4. Thinking of that widow, the poor give a higher percentage of their income to God than do others – a higher percentage than even the rich! Why is that, do you think?
5. Do religious activities (worship, giving, praying, studying) just add to your load or are they meant to do something else for you?
6. When do you feel most connected with God? When do you feel most at peace and at rest?
7. What ends up shaping your soul bit-by-bit and day-by-day? Should it be allowed to do so?
8. Where can you ‘make room’ in your routine to reconnect with God? Is there a new habit you can begin today?

Soul Care Invitation

Each evening this week, write down one way you experienced God’s provision that day.

For Further Reflection

Exodus 16 reminds us that God provided manna daily, not all at once. Reflect on what it means to trust God for “daily bread” rather than trying to control every future outcome.

Closing Prayer

Faithful God, teach us to trust you even when the future feels uncertain. Help us believe that your grace is enough for each day. Amen.

JUNE 21

“HOPE WHEN LIFE FALLS APART”

1 Kings 17:17–24 | Psalm 30:1–5

GROUP GATHERING

Opening Reflection

This passage interrupts the miracle story we might expect. After God’s dramatic provision through the widow’s flour and oil, tragedy still enters the household. The widow’s son becomes ill and dies, forcing both Elijah and the widow to wrestle honestly with grief, confusion, and questions about God’s presence.

Throughout Scripture, moments of suffering often become places where faith is deepened rather than avoided. Elijah does not offer shallow reassurance. Instead, he cries out honestly before God. This story reminds us that Biblical faith does not deny sorrow or pretend certainty. It trusts that God remains present even when life falls apart in ways we do not understand.

Scripture Focus

1 Kings 17:17–24

Discussion Questions

1. Why do suffering and grief often create spiritual questions?
2. What stands out to you about Elijah’s honesty before God?
3. How does this story challenge shallow understandings of faith?
4. Why is lament such an important part of Scripture?
5. What does Psalm 30 teach about grief and hope existing together?
6. How can Christian community better support people in seasons of loss?

Soul Care Invitation

Reach out to someone this week who may be carrying grief, loneliness, or discouragement.

For Further Reflection

Spend time with Psalm 30 this week. Notice how the Psalm moves honestly through grief and praise. Faith does not deny sorrow; it trusts God within it.

Closing Prayer

Compassionate God, remain near to those who are hurting. Hold us steady when life feels uncertain and remind us that hope is never lost in you. Amen.

JUNE 28

“WHEN FAITH MUST STAND ALONE”

1 Kings 18:20–39 | Deuteronomy 6:4–9

GROUP GATHERING

Opening Reflection

Mount Carmel is one of the most dramatic scenes in Elijah’s story, but beneath the fire from heaven lies a deeper spiritual issue: divided loyalty. Elijah confronts a people attempting to live between two competing allegiances, worshiping the Lord while also accommodating the gods and values surrounding them.

The question Elijah asks Israel remains deeply relevant: “How long will you hobble back and forth between two opinions?” Biblical faith has always involved more than religious participation. It is ultimately about wholehearted devotion. In every generation, God’s people must discern what voices, loyalties, and distractions are shaping their hearts.

Scripture Focus

1 Kings 18:20–39

Discussion Questions

1. What forms of divided loyalty exist within modern culture?
2. Why do people often struggle with wholehearted devotion?
3. What is spiritually significant about Elijah rebuilding the altar?
4. How does Deuteronomy 6 shape our understanding of covenant faithfulness?
5. What distractions most compete for people’s spiritual attention today?
6. How can Christian community encourage deeper faithfulness?

Soul Care Invitation

Identify one distraction that consistently pulls your attention away from God. Intentionally step back from it for one day this week.

For Further Reflection

Deuteronomy 6 calls God’s people to wholehearted devotion. Consider what distractions or divided loyalties most compete for your spiritual attention today.

Closing Prayer

God of truth, strengthen our faith in moments of uncertainty. Help us remain grounded in your presence and faithful to your calling. Amen.

JULY 5

“PRAYING UNTIL THE RAIN COMES”

1 Kings 18:41–46 | 1 Samuel 12:13–18

GROUP GATHERING

Opening Reflection

One of the theological tensions throughout Scripture is the space between promise and fulfillment. Even after God answers with fire on Mount Carmel, the drought continues. Israel has witnessed God’s power, yet the land still waits for rain. Elijah’s story reminds us that spiritual breakthrough and visible change do not always happen simultaneously.

The posture Elijah takes on the mountain is deeply significant. He bows low to the ground in humility and continues praying while sending his servant repeatedly to watch the horizon. The scene reflects a faith willing to trust God before circumstances visibly improve. Throughout Scripture, prayer is rarely portrayed as immediate resolution. More often, prayer becomes the place where perseverance, humility, and deeper dependence upon God are formed within us.

Scripture Focus

1 Kings 18:41–46

Discussion Questions

1. Why is waiting such a difficult spiritual practice?
2. What does Elijah’s posture of prayer communicate spiritually?
3. How does this story reflect the tension between faith and visible results?
4. What role does perseverance play within prayer?
5. Why are “small clouds” of hope easy to overlook?
6. Where might God be inviting you to remain patient and faithful?

Soul Care Invitation

Choose one prayer request to hold before God consistently this week without rushing toward discouragement.

For Further Reflection

Elijah continued praying long before the rain arrived. Reflect on where God may be inviting you to remain faithful and patient in prayer.

Closing Prayer

Patient God, strengthen our hearts in seasons of waiting. Teach us to trust that you are working even when we cannot yet see the outcome. Amen.

JULY 12

“WHEN THE SOUL IS EXHAUSTED”

1 Kings 19:1–8 | Psalm 23

GROUP GATHERING

Opening Reflection

One of the most important theological movements in Elijah’s story occurs immediately after his greatest public success. After confronting the prophets of Baal and witnessing God’s power on Mount Carmel, Elijah flees into the wilderness overwhelmed, fearful, and emotionally depleted.

This passage offers a profound human portrait of faith. Scripture does not present prophets as emotionally invulnerable figures. Elijah reaches the point of exhaustion and despair, and God responds not with condemnation, but with compassion. Before offering instruction, God allows Elijah to rest, eat, and recover. In a culture that often glorifies overwork and constant productivity, this story reminds us that rest itself can become a holy act of trust.

Scripture Focus

1 Kings 19:1–8

Discussion Questions

1. Why do you think Elijah collapses emotionally after such a dramatic victory?
2. What stands out about God’s response to Elijah’s exhaustion?
3. How does modern culture encourage unhealthy rhythms of work and productivity?
4. Why is rest often treated as weakness rather than wisdom?
5. How does Psalm 23 deepen our understanding of restoration?
6. What practices help restore your soul spiritually and emotionally?

Soul Care Invitation

Create one intentional Sabbath moment this week. Set aside time to rest without guilt.

For Further Reflection

Psalm 23 presents rest as part of God’s care for his people. Reflect on whether you treat rest as a gift from God or something you must earn.

Closing Prayer

Gentle Shepherd, lead us beside still waters and restore our souls. Teach us to receive rest as a gift from you. Amen.

JULY 19

“LISTENING FOR THE WHISPER OF GOD”

1 Kings 19:8–13 | Habakkuk 2:1–3

GROUP GATHERING

Opening Reflection

Elijah arrives at Horeb carrying disappointment, exhaustion, and fear. Significantly, Horeb is not just any mountain; it is the same mountain where Moses once encountered God and received the covenant. Elijah returns to the place where Israel’s relationship with God was first deeply formed.

Yet God’s presence appears differently than Elijah expects. Though the wind, earthquake, and fire echo earlier biblical moments of divine revelation, God’s voice does not come to Elijah through them. Instead, God speaks through what Scripture describes as a ‘thin, quiet’ sound. This passage reminds us that spiritual maturity often requires learning to recognize God not only in dramatic moments, but also in silence, stillness, and attentiveness.

Scripture Focus

1 Kings 19:8–13

Discussion Questions

1. Why do you think Elijah expected God to appear through dramatic signs?
2. What is spiritually significant about God speaking quietly?
3. How does this story connect with earlier moments at Mount Horeb?
4. What role does silence play in spiritual formation?
5. How does modern culture resist stillness and attentiveness?
6. Where do you most clearly experience God’s peace or presence?

Soul Care Invitation

Spend five minutes in silence each day this week. Resist the urge to fill every moment with noise.

For Further Reflection

God spoke to Elijah through a “thin, quiet” whisper. Consider how constant noise and distraction may affect your ability to notice God’s presence.

Closing Prayer

Speaking God, quiet the noise around us and within us. Teach us to recognize your presence in stillness and peace. Amen.

JULY 26

“PASSING THE MANTLE”

2 Kings 2:6–14 | Deuteronomy 31:1–3, 7–8

GROUP GATHERING

Opening Reflection

The transition from Elijah to Elisha represents more than a leadership change; it reflects the ongoing continuity of God’s covenant work across generations. Throughout Elijah’s ministry, he often carried the burden of believing he was alone, yet God continually reminded him that the story of faithfulness was larger than any single prophet.

The imagery of the mantle is deeply symbolic throughout Scripture. Authority, responsibility, wisdom, and calling are not meant to terminate within one person. Moses prepared Joshua. Paul mentored Timothy. Jesus formed disciples who would continue the work after Him. Elijah’s final journey reminds us that mature faith eventually asks not only how we are being sustained by God, but also how our lives are helping strengthen, encourage, and prepare others for faithful living.

Scripture Focus

2 Kings 2:6–14

Discussion Questions

1. What does the mantle symbolize within Elijah and Elisha’s relationship?
2. Why is spiritual mentorship so important throughout Scripture?
3. How does Deuteronomy 31 connect with Elijah’s transition to Elisha?
4. What fears or challenges often accompany transitions in leadership or life?
5. Who has most shaped your faith journey?
6. How might God be calling you to encourage or guide others spiritually?

Soul Care Invitation

Reach out this week to someone who has encouraged your faith journey and thank them.

For Further Reflection

Elijah’s story ends with encouragement, transition, and legacy. Reflect on the people who have shaped your faith and how God may be calling you to encourage others.

Closing Prayer

Faithful God, thank you for those who have shaped our lives in faith. Help us become people who encourage, strengthen, and bless others well. Amen.