

DISCUSSION GUIDE

Introduction:

As summer winds down and a new school year begins - schedules are ramping up and school supplies are flying off the shelves. In this time of transition, we are invited to slow down and take a breath. Because sometimes, before we keep going, we just need to reset. After a mountaintop moment, the prophet Elijah is burned out, afraid, and ready to quit. But God meets him in the silence. As we step into a new season, we are reminded that we all need space to reset—and that even when we're exhausted, overwhelmed, or unsure what's next, God is still with us.

Scripture:

“Go out and stand before me on the mountain,” the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper. When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

1 Kings 19:11-13

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Discussion Questions:

1. What was your favorite part of going back to school as a kid? Least favorite?
2. Have you ever had a “mountain-top” experience? What was it like?
3. Has your spiritual life been linear, or more like a wild scribble?
4. How have you experienced God? Has it been more like a wind, an earthquake, a whisper, or something else?
5. How are you at silence? At listening? How can you work to become better at silence?
6. Make a plan today to spend some time alone with God this week. How will you do that?