

Weekly 4G Guide

CBC

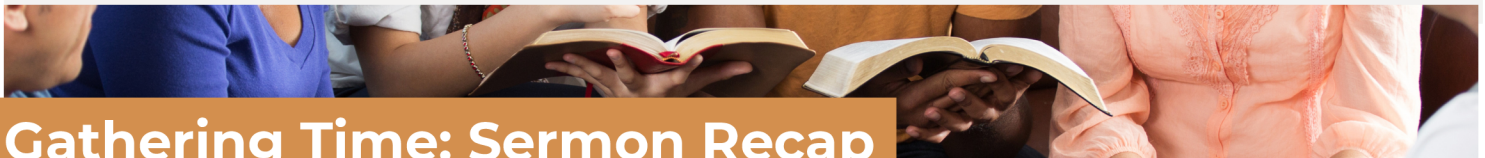
How to Use This Guide:

- **Read the Sermon Recap** by yourself (for devotions) or with your group. You can also watch the sermon on YouTube @CBCFamily.
- **Read the passage/s.** Look for truths, promises, and/or commands. Try to find the “who, what, when, where, why, and how.”
- **Group Time:** First, take turns reading the Scripture passage/s from the sermon, round-robin style, letting each person read one verse. Go around the circle until the whole passage has been read. Then, **utilize the Group Time** portion of this 4G Guide.

What's a 4G? A guide that covers:

1. Gathering Time (Sunday morning)
2. Group Time (for group meetings)
3. God Times (personal and family devotions)
4. Give Time (a prompt for reflection)

- **Personal God Time:** Use these each day to dive into the passages further and challenge yourself to apply the texts.
- **Family God Time:** Use these each week to dive into the passages with your family.
- **Give Time:** Ask your group, yourself, or your family what might be a good response to the sermon or text? How are you inspired to give of your time, talent, or treasure?



Gathering Time: Sermon Recap

It Is Well: Peace in God's Presence

Today, Greg preached the second sermon in the series *It Is Well*. By looking at the life of Elijah, this series highlights the reasons we can have peace. Today's sermon focused on events found in 1 Kings 19:1-18.

Elijah was a prophet sent to warn Israel to turn to God and stop following false, evil gods like Baal. In today's passage, Elijah flees from King Ahab's evil wife, Jezebel, who planned to kill him for destroying the prophets of Baal.

Elijah had no peace as he fled from Jezebel. After time in the wilderness, Elijah, who felt depressed and defeated, begged God to take his life. Instead, God cared for Elijah and sent him on a journey. He fled all the way to Mt. Horeb, a trek that took 40 days and nights.

When Elijah came to Mt. Horeb, God told him to go stand on the mountain. God then sent wind, an earthquake, and a fire to Elijah, but God was not in any of those. He then sent a quiet whisper. In that whisper, the Lord spoke to Elijah and gave him instructions to follow.

The Lord wanted Elijah to go on a long journey and fulfill a series of tasks. He told Elijah to travel to Syria in the far north to anoint a king, then travel south to anoint King Nimshi, and then west to Abel-meholah to anoint Elisha to be prophet in his place. God then encouraged Elijah, telling him that He would spare 7,000 people in the coming judgment that had not bowed to Baal.

We may not experience what Elijah did, but we can sympathize. Sometimes, we feel a lack of peace, or we may struggle to understand God. We even feel alone and depressed. When we feel this way, we must remember the “altars” of our past. We look to when God showed up in the past. This reminds us He'll show up again! Next, we remember that God doesn't always move the same way each time. He is consistent, but He is creative. Last, we remember that “silence” from God doesn't mean He's abandoned us. Many times, He is quietly preparing us for what comes next. God is at work, even if we don't understand. We can have peace in His faithful presence!

Group Time: Questions

Conversation Starter

Ask: Has the Lord ever provided for you miraculously and unexpectedly?

Discussion Questions

Choose a track, mix and match, or do them all.

- **Track 1:** What is the main point of the passage that was discussed in today's sermon?
- What is the "who, what, when, where, why, and how" of the passage?
- Does the passage contain truths, promises, or commands to obey? What are they? As a group, make a list and pray for your hearts to align with God's Word.

- **Track 2:** Have you ever felt like Elijah did in 1 Kings 19:4-5? What were the circumstances?
- How did God move you out of that situation?
- Many Americans deal with a lack of peace. It shows up as depression, anxiety, fear, discouragement, etc. How can the gospel help?
- **Track 3:** Have you ever let lack of peace stop you from obeying God? What did you learn?
- Where has God shown up for you in the past? How does remembering His deeds build peace?
- How will you apply this week's sermon and passages? What result do you hope for? Who can you share with?

God Time: Personal

Use the sermon notes from our Gathering Time this week for your personal time with God. Use a spare notebook or your favorite device to journal your responses. Include prayer and application in your time with God!

- **Monday:** Read 1 Ki 19:1-5a. Note all Elijah did and the way he felt. Who did he turn to? Mark anything else that stands out.
- **Tuesday:** Read 1 Ki 19:5b-8. How did God respond to Elijah? How did he provide?
- **Wednesday:** Read 1 Ki 19:9-10. Have you felt alone in following the Lord? Pray and ask God to give you strength to follow Him!
- **Thursday:** Read 1 Ki 19:11-14. Compare this to verses 9-10. Elijah's response and feelings haven't changed. We can struggle to see things God's way. Pray about this!
- **Friday:** Read 1 Ki 19:15-18. Elijah made the trip to Mt. Horeb by his own will. God has other plans. Our obedience is a testimony to others. What do you need to be obedient to God about? Start now.

God Time: Family

Parents: Familiarize yourself with sermon recap from our Gathering Time. Sum it up in a way your child/ren can understand.

- Consider **reading** 1 Ki 19:11-13 from today's sermon from the Easy-to-Read Version.
- Give a **summary** statement about the sermon and the Bible passage in a way that your family can easily understand.
- **Ask:** Do you think God reveals Himself in big and little ways?
- **Say:** God can reveal Himself in the most powerful ways but also in the little ways!
- **Activity:** Play a game! Have one person in the family put on noise cancelling earbuds or headphones. Have another person whisper. Take turns seeing if the person with the earbuds can hear the low whisper. Then, switch so other members of the family can play. Later, discuss how important it is for us to listen to God. When He reveals Himself to us in quiet ways (like in His Word), we must listen carefully.

Give: *How does this week's sermon inspire you to give of your time, talent, or treasure?*