

## KNOCKED DOWN BUT NOT OUT

Selected Scripture



April 7, 2019 | DAVID NEWKIRK

1) Which of these causes of disappointment below do you find yourself dealing with over and over?

- A. Disappointment can come from dealing with difficult people.
- B. Disappointment can come from getting physically, emotionally and spiritually drained.
- C. Disappointment can come from isolation.
- D. Disappointment can come from unrealistic goals and thinking.

### **Read Jeremiah 20:7-10, 14-18**

2) Venting our anger and frustration to God during these dark times is not only acceptable, but can be healthy for us in our relationship with God.

What is your response to Jeremiah in these passages?

Can you think of a time when a person's "venting" to God is not productive or helpful?

### **Read Psalm 46**

3) According to Psalm 46, why should we not be afraid?

Can you think of other verses, attributes, or characteristics about God that help you during difficult times?

### **Read Exodus 20:8-12 & Mark 6:30-32**

4) For most of us, finding time to rest is really difficult. What do you see from Exodus 20:8-12 and Mark 6:30-32 about the kind of rest God wants to give you?

5) Looking at your life right now, are there any areas where you are dealing with the "letdown" or coming out of the "letdown" that you would like prayer for?

6) Which one of these tools that Elijah experienced has been the most helpful in helping you out of the valley?

- A. Eat and sleep
- B. Vent to God
- C. Focus on God's power
- D. Focus on others
- E. Don't do this alone

