



A Better Year

Part 2 - From Pity to Purpose

Discussion Guide

2020 was tough and the first month of 2021 has not been very pleasant, either. Many of us are just wondering when it will end. Maybe you are even feeling stuck, almost trapped. Whether you are there right now or find yourself there in the future, we want to help you get prepared to escape the pit of pity and get on with your God-given purpose.

What you will need: A Bible or your Bible app, a notebook, pen, and highlighter. The verses highlighted below are linked so that you can easily access them during your study time.

Jump Start

1. Describe a situation where you saw God move mightily in your life, especially when you were in a challenging time?
2. **Read [1 Kings 19:1-4](#), [Joshua 1:9](#), [Psalm 91:11](#), and [Psalm 46:1](#).** What did Elijah pray when he had fled to a lonely place? Do you think Elijah was justified in being discouraged by his circumstances? Why do you think God revealed Himself to Elijah when the prophet was discouraged?
3. **Read [Hebrews 4:16](#) and [Philippians 4:8](#).** What is God saying to you through these passages?

Note: Join us this week for the [daily Cove Devotions](#) and [MDWK Deep](#) on Wednesdays at 12:00.

4. **Read [1 Kings 19:5](#), [1 Kings 19:7-8](#), and [1 Kings 19:9-10](#).** Sometimes, the most spiritual thing we can do is rest. While that sounds easy, why is it so hard for most of us to rest? What are some things you can do to have more rest in your life? On the converse, sometimes people resort to rest before they turn to God when facing issues. Doing the “next right thing” looks different in every situation. How do we see Elijah do the next right thing as the angel commanded him?
5. **Read [1 Kings 19:11](#), [1 Kings 19:13](#), and [Philippians 3:13-14](#).** What did God command Elijah to do? What question did God ask Elijah in the gentle whisper? What are some ways that you can remind yourself that God is in control when you are in the middle of difficult circumstances?

Deeper

Here at The Cove, our mission is to Introduce our friends to Jesus, Learn to follow Him, and Celebrate His Presence in our lives. We want you to be fully equipped with the Word of God by spending time with Him daily through prayer, and through studying His Word. We believe this is how you will be equipped to make disciples.

This week, we saw how God brought Elijah out of a time of depression. Now we are going to spend time in prayer and journaling. There are five days of prayer and two days of listening. You can do this in any order that you choose. The purpose is not to be ritualistic, but to pursue being in God's presence. We all have busy schedules. If you only have a few moments in the morning, the Scriptures are short enough to read before you get out of bed. Then, spend time while you are getting dressed in prayer. The more we get into God's presence, the more we become more like Him, and we can move from pity to purpose.

- **Day 1: Read [1 Kings 19:1-3](#).** Pray over the fears you are currently dealing with in your life. Ask God to help you overcome them and give you comfort and peace as you deal with them.
- **Day 2: Read [1 Kings 19:3-5](#):** Pray over any depression you may be experiencing in your own life or pray about those areas in your life in which you are exhausted. Ask God to help you find ways to better manage your time in these areas.
- **Day 3: Read [1 Kings 19:5-8](#):** Ask God for help in finding ways to get more rest in your life. Ask Him to help you make that a priority. Spend your time in quiet prayer, just resting in His presence.
- **Day 4: Read [1 Kings 19:9-12](#):** Take time today to allow God to speak to you. Listen quietly for His gentle whisper.
- **Day 5: Read [1 Kings 19:15-16](#) and [2 Kings 12:11-12](#):** Pray and ask God what He is wanting you to do in this season of your life? Ask if He wants you to continue what you are doing or if He has something new in store for you.