

Saving Christmas from Elvis

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Passage [READ IT]: Romans 5:1-5

Principle [KNOW IT]:

Some of the sadness and pain we experience at Christmas time we bring on ourselves.

Our faith and hope in Jesus is certainly the right answer.

Practices [DO THEM]:

As humans, we cannot possibly see “The Big Picture” that God does.

It comes from seeing and knowing Jesus as Lord.

Daily Readings:

Sunday: Psalm 121

Monday: Galatians 5:16-25

Tuesday: Romans 10

Wednesday: Romans 15:1-13

Thursday: Philippians 1

Friday: 1 Kings 18

Saturday: 1 Kings 19

Small Group Questions

HANGOUT [Warming Up to the Topic]

1. Do you have any lingering questions or thoughts of encouragement that are connected to this week's teaching or daily readings?
2. Do you think there is an increase in depression, stress, and anxiety during the holidays? If so, why?

The Bible contains several accounts of individuals who experienced times of depression, sadness, or spiritual drought following significant encounters with God. Abraham, Moses, Jacob, Joseph, Peter, and even Jesus are just a few examples. In this group discussion we will focus on one example to see if we can find any patterns that might help us navigate a potentially "blue Christmas."

HEAR [Listening to God through Scripture]

3. Summary of 1 Kings 18
 - a. Elijah successfully confronts the evil king Ahab
 - b. God uses Elijah to defeat all of the prophets of Baal
 - c. God answers Elijah's prayer and ends a long drought
4. Read 1 Kings 19:1-8
 - a. Given what happened in chapter 18, what is so ironic about verse 3?
 - b. Is there any connection between Elijah's depression and his decision to leave his servant behind and isolate himself in the desert?
 - c. What was God's response to Elijah's request to die?
5. Read 1 Kings 19:9-13
 - a. What is the significance of God's question to Elijah in verse 9 and again in verse 13?
 - b. Who is Elijah blaming for his current condition?
 - c. How does God respond? What is significant about this response?
6. Read 1 Kings 19:14-18
 - a. Is there any difference between Elijah's response in verses 14 from his response in verse 10? Why or why not? Is there any significance to the similarities or differences?
 - b. How does God respond to Elijah this time? What is different about God's response this time?
 - c. We see God give Elijah space and time and then we see Him call Elijah to action. How important are both of these responses to times of depression and spiritual drought?

HUDDLE [Making It Personal and Praying Together – in Huddles]

7. Are you currently struggling with anxiety, depression, or a case of the Christmas blues? What do you need to do about it? Talk about it, invite accountability, and take time to pray.