

# God Listens and Whispers

Immediately after a high point in his prophetic career, Elijah is despondent after his life is threatened and he struggles with tumultuous feelings of doubt, fear, and depression. By studying Elijah's story, we discover that when we feel overwhelmed or depressed or unjustly attacked and beaten down by the world, God is ready to listen to our complaints. Join Groundwork as we study 1 Kings 19 to discover our God who listens in our pain, then comforts and challenges us with a whisper.

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- Have you ever experienced a time when good and bad arrived hand in hand? Maybe the the best day of your life was also the worst day or an exciting, highly-anticipated event also brought challenging, difficult news? How did this experience impact your faith?
- Do you ever question whether your work or efforts are making a difference or impact? Why?



**LISTEN TO THE EPISODE:** [God Listens and Whispers](#)

**READ** [1 Kings 19](#)

**REFLECTION** After listening, consider the following questions:

- In what ways can you identify with the prophet Elijah during this season of his life?
- How have the conditions of your physical or emotional life impacted the state of your spiritual life? Describe your experience(s) and reflect on whether the impact was negative or positive.
- Have you ever felt like “the journey is too much for you”? How, or in what ways, did God provide his strength to get you through?
- Where do you look for God’s faithful people when it seems like evil and corruption have taken over? How have you seen God still at work during these times?
- Are there currently areas in your life where you can practice the ministry of presence that God modeled with Elijah? What do you find challenging or freeing about the ministry of presence?

**RELATED PASSAGES** for further study

[Job 2:11-13](#), [Habakkuk 1:1-5](#), [1 Corinthians 15:55-58](#)

## CONCLUSION

Read and reflect on [Psalm 40](#). What parallels do you notice to the story of Elijah in [1 Kings 19](#)? Write down or share with someone what you've learned from these passages about doubt, faith, and how God relates to us.

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