

A Season of Discontent

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1 Kings 19

## Dealing with Discontentment

### Cause

1. Fear (vs. 3)
2. Failure (vs. 4)
3. Tired (vs. 5)
4. Wrong Wrong Perspective (vs. 10)

### Solution

1. Take care of your basic needs. (vs. 5-6)
2. Wait on God (vs. 11-13)
3. Hear from God (vs. 11-13 and 15-18)
4. Get the right perspective (vs. 15-18)
5. Get the right people around you (vs. 15-17)
6. Walk by faith (vs. 19-21)

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## Going Deeper

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We encourage you to get into God's word this week. Below is a daily reading plan to help you read the Bible each day and learn more about today's message. This short investment of time will pay off huge dividends in your knowledge of God's Word and your relationship with God. Below each reading is a question or two to reflect on throughout your day. If you are journaling you can write down your response and whatever else you got out of it (e.g. what the Holy Spirit is telling you).

### Day 1: 1 Kings 19

- Review your sermon notes. What is God reminding you of now that some time has passed?

### Day 2: 1 Kings 21

- What is the result of the evil done by King Ahab and Jezebel? How does Ahab find favor with God? What does that mean for us today?

### Day 3: Psalm 42

- What are some things you can do when you are 'downcast'? When things are not what you expected?

### Day 4: Psalm 43

- What are his feelings about his relationship with God? What does he ask of God? What choices is he making in spite of his feelings?

### Day 5: 2 Corinthians 12:7b-10 (b means to start at the second part of the verse)

- There are two conflicting emotions going on here. What do you take away from this passage and how do you apply it to your situation today?

### Day 6: Luke 24:13-35

- In the midst of being down because Jesus had died, these men encounter Jesus. How did they describe their time with Jesus in vs. 32? What is your time with Jesus like?

### Day 7: Acts 3:1-10

- Think of the frustration of being this lame man and what his life was like? What is his reaction when God intervenes?