



Hills and Valleys | Sounds of the Cave
08.07.22

START TALKING | (Find a conversation starter for your group)

What type of people, things, or circumstances tend to get you down the most?

START EXPLORING | (Read the Bible)

Read Elijah's cave story in 1 Kings 19:1-18.

What stands out to you in the passage that was NOT covered in the message?

START SHARING | (Choose a question to create openness)

- How has the enemy distorted your perspective and enlarged a threat in your life?
- On a scale of 1-10, how honest are you with God?
- Name some of the disappointments that you have faced.
 - How have you handled those disappointments?
- What trauma have you experienced in your life that has caused you to run into your cave?
- What have been the sounds that you have heard from your cave?
- How have you experienced God directing you out of the valley?

Start Praying. (Be bold and pray with power)

"God, I believe YOU are with me in the valley. While I know I hear different things from the cave, I choose to walk to the mouth of cave and hear from You. I promise to be honest with You around my thoughts and feelings; trusting that You will be with me in my valley, directing me to the destination of provision and providence that will serve as a blessing in my life. I take you at your word. In the name of Jesus, amen."

Start Doing. (Commit to a step, and live it out this week)

This week, commit to be completely honest with God. Share with Him how you really feel and where you really are in your in life and devotion to Him.