



LESSON 5 // RESTORE ME

Big Idea: We all have moments and seasons when the devil tries to depress us and keep us down. But God gives us the wisdom to recognize where this depression comes from, respond to the Lord in prayer and be restored to His perspective and plan for us.

1 Kings 19:1-5a, 11-14 (NIV) Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ² So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.” ³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day’s journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. “I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors.” ⁵ Then he lay down under the tree and fell asleep. ... ¹¹ The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. ¹² After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. ¹³ When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. ¹⁴ Then a voice said to him, “What are you doing here, Elijah?”

Start Talking:

Talk about a time when you were at a very low point. What brought you out of that low moment?

Start Thinking:

Read 1 Kings 19:1-5a and James 5:17. In what ways do you see that Elijah, a great prophet of God, is “just like us” (James 5:17) in 1 Kings 19:1-5a?

Read 1 Kings 19:11-14. How did God speak to Elijah in these verses? How does this encourage you about approaching God in prayer?

Read 1 Kings 19:5b-8. Why is it important to recognize when and how depressive thoughts and emotions come to you? How can that help you deal with these thoughts and emotions?

Read Matthew 4:4. How is God’s Word like food for your spiritual life? In what ways can it restore and revitalize you when you are at a low point emotionally?

Start Praying and Doing:

Pray for God to give you discernment about triggers that lead to emotional low points in your life. Make note of these and ask God to make you aware when they try to creep into your mind and heart.

Spend time this week meditating on Matthew 4:4 and feeding on God’s Word as your necessary spiritual food. Allow “the word of Christ” to “dwell in you richly” (Colossians 3:16) and to keep your mind and heart focused on Him.