

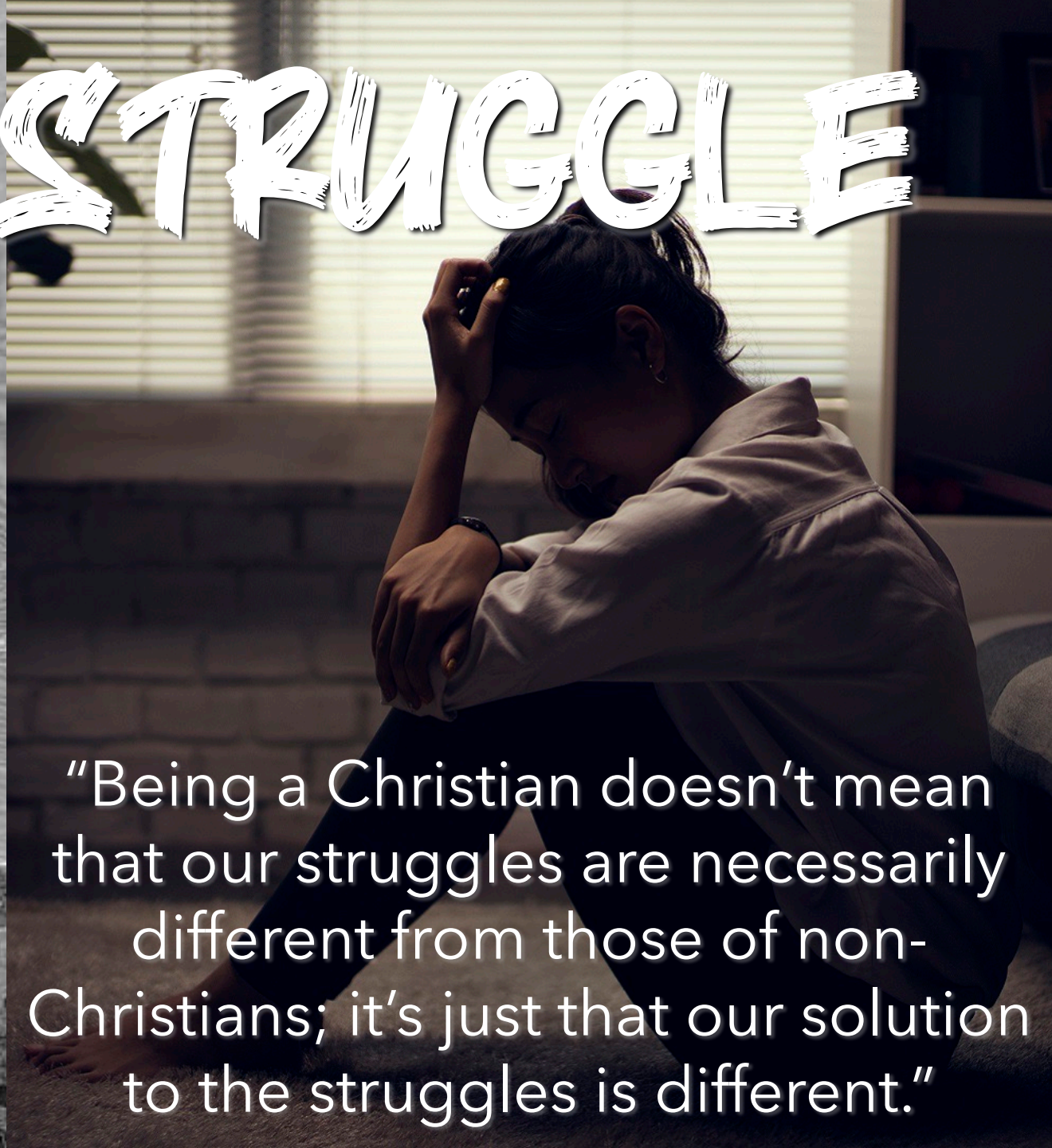
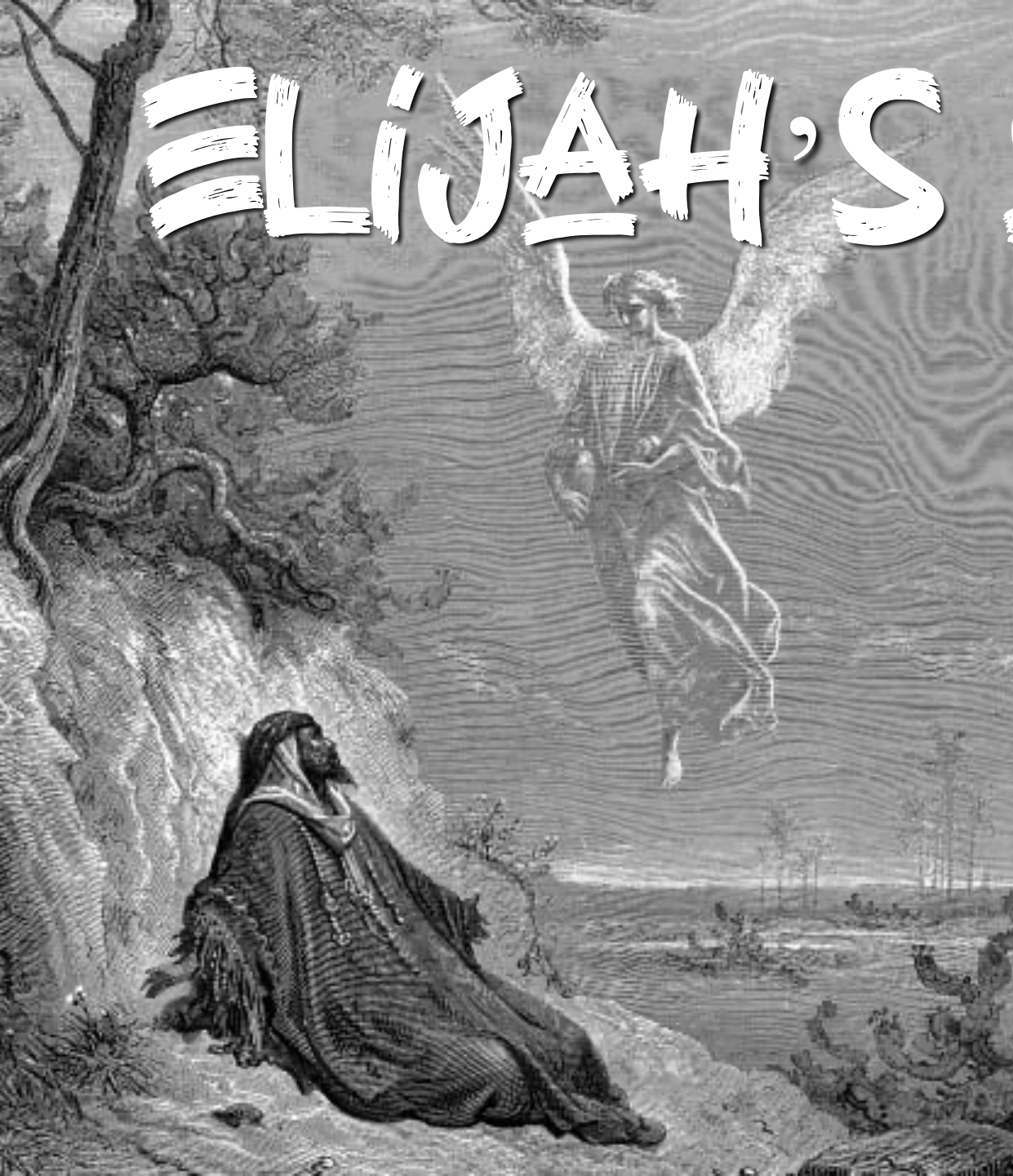
WHEN YOU'RE STRUGGLING



ELIJAH



ELIJAH'S STRUGGLE



“Being a Christian doesn’t mean that our struggles are necessarily different from those of non-Christians; it’s just that our solution to the struggles is different.”

EATING & SLEEPING

A painting of a man in a red shirt sleeping in a cave. The man is lying on his side, his head resting on a rock. The cave is dark and textured, with a large opening in the background showing a bright, orange and yellow landscape. The overall style is expressive and somewhat abstract.

Pro Tip: If you know someone who is struggling; don't rebuke them, let them rest and bring them food.

STRUGGLING SAVIOUR



WHAT ARE YOU DOING HERE?



LET YOURSELF FEEL!

1. Practice Silence & Solitude - (see last week's lesson)

- Find time & place, put away distractions, practice Jesus' presence

2. Let Yourself Feel - What emotions rise to the surface of your heart?

- In Jesus' presence, face each emotion head on. Let yourself feel it deeply.

3. Answer God's Question: What are you doing here?

- Where are you at with yourself and God right now? Frustrated? Happy? Angry?
- Is there anything God is trying to say to you through these emotions?

4. Pray. Get it off your chest. Give what you are feeling over to God.

- The point here isn't to be good, but honest. Match your prayer with your emotions.
- Be honest and vulnerable before God.

5. Close in a prayer of gratitude - commit what you're feeling to Jesus.