1 Kings 19:1-18

When the Story Feels Over

God meets us in our despondency

1 Kings

STONEBRIDGE
CHURCH

The Experience

DESPONDENCY

A deep sense of hopelessness and discouragement

1 Kings 19:4

1 Kings

STONEBRIDGE CHURCH



THE WILDERNESS

Elijah runs, exhausted and afraid

The Problem

Despondency Shrinks Our Vision

The part of the story we can currently see starts to feel like the whole story.

1 Kings 19:1-4

1 Kings

STONEBRIDGE CHURCH

God's First Response

The journey is too much for you

God acknowledges and provides for Elijah's limits.

1 Kings 19:5-8

1 Kings

STONEBRIDGE CHURCH

The God who meets us

God meets Elijah as a whole person

- Rest
- Nourishment
- Listening
- Truth

1 Kings 19:5-14

1 Kings

STONEBRIDGE CHURCH



THE CAVE

What are you doing here, Elijah?

A Question

What are you doing here Elijah?

God makes room for Elijah to speak honestly.

1 Kings 19:9-10

1 Kings

STONEBRIDGE CHURCH

God's presence

God shows up how God chooses

Not always in the ways we expect or want.

1 Kings 19:11-13

1 Kings

STONEBRIDGE CHURCH

TAKE AWAY 01

Where do you need to receive God's care?

Where have you become despondent? How might God want to meet you there?

RECEIVE HIS CARE

1 KINGS

STONEBRIDGE CHURCH

TAKE AWAY 02

What is the next faithful step God is inviting you to take?

Your current story isn’t the whole story. You don’t have to feel different to take the next faithful step

TRUST HIM WITH THE NEXT STEP

1 KINGS

STONEBRIDGE
CHURCH

A practical response

Advent: Remember the Bigger Picture

Make room to remember what God has done, what he is doing, and what he has promised to do.

THE BIGGER STORY

1 KINGS

STONEBRIDGE CHURCH



COME TO THE TABLE

Remember whose story you are part of

A SECOND RESPONSE

Come to the table

Communion reminds us that our present circumstances aren’t the whole story.

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REMEMBER • RECEIVE • TRUST

1 KINGS

STONEBRIDGE CHURCH

Corporate Prayer

Father, we thank You that You see us in our exhaustion and discouragement.

You know our limitations, You hear our cries, and You care for us even when we struggle to recognize Your presence.

Corporate Prayer

We confess that we often allow our circumstances to become the whole story.

We carry burdens as though everything depends on us, and we struggle to trust that You are working beyond what we can see.

Corporate Prayer

Silently name an area of your life where discouragement, fear, or the need to control an outcome has made it difficult to trust God

Corporate Prayer

Jesus, thank You that through Your life, death, and resurrection, You have shown us the depth of God's love and His unwavering commitment to us.

Silently bring before the Lord something you need to surrender or an area where you need to receive His care.

Corporate Prayer

Holy Spirit, as we take this communion, remind us that our stories are part of something much greater.

Help us receive Your grace, trust what we cannot see, and faithfully take the next step You've given us.

Amen.