



SMALL GROUP STUDY

Week 3

Chapel Hill Uniting Church

“But he himself went a day’s journey into the wilderness and came and sat down under a solitary broom tree. He asked that he might die, “It is enough; now, O Lord, take away my life, for I am no better than my ancestors.””

1 Kings 19

Week 3 Caught in Despair

- Read the opening meditation.
- **Watch the clip:** A life worth living
- <https://www.beyondblue.org.au/personal-best/pillar/supporting-yourself/it-s-taken-most-of-my-life-to-learn-i-am-worthy-of-living>
- What is it like to be confronted with such hopelessness that suicide seems to be the only option?
- Read 1 Kings 19:4-9. Where is God, and what is God doing in situations like this?
- What practical and spiritual hope is there for people who are caught in despair?

Close in prayer

Opening Meditation (Psalm 139:1-12)

"O Lord, you have searched me and known me.

*² You know when I sit down and when I rise up;
you discern my thoughts from far away.*

*³ You search out my path and my lying down
and are acquainted with all my ways.*

⁴ Even before a word is on my tongue, O Lord, you know it completely.

⁵ You hem me in, behind and before, and lay your hand upon me.

*⁶ Such knowledge is too wonderful for me;
it is so high that I cannot attain it.*

*⁷ Where can I go from your spirit?
Or where can I flee from your presence?*

*⁸ If I ascend to heaven, you are there;
if I make my bed in Sheol, you are there.*

*⁹ If I take the wings of the morning
and settle at the farthest limits of the sea,*

*¹⁰ even there your hand shall lead me,
and your right hand shall hold me fast.*

*¹¹ If I say, "Surely the darkness shall cover me,
and night wraps itself around me,"*

*¹² even the darkness is not dark to you;
the night is as bright as the day,
for darkness is as light to you."*

Closing Prayer (The Passion Translation, 2017. *Prayers on Fire*, p, 19.)

Lord, I'm so discouraged. I feel as if I'm at breaking point. I've poured my life into serving you, but lately nothing seems to be going right. It's as if everything I do backfires. Help me not to make a mess of things. Hold me close so I don't sin against you by throwing away my faith.

Revive me with the words that stream from your heart. Open up my understanding, so I will see things from your point of view. Keep me far away from what is false, leaning on my own understanding, or putting confidence in the opinions of those who don't care about you.

I need grace to stay true and continue running after you. For now, I will rest in your presence and let your Spirit strengthen me. Take me deeper into your perfect love. I choose to trust you. Amen

Helpful resources

<https://www.beyondblue.org.au/>

<https://www.lifeline.org.au/>

<https://www.blackdoginstitute.org.au/>

<https://www.ruok.org.au/findhelp>

<https://headspace.org.au/headspace-centres/>