



Alone Part 1 - Come Out of the Cave
Pastor Dave Patterson
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USING THIS SERMON DISCUSSION GUIDE

We have provided all the Scriptures references in the sermon and some discussion questions for you to use to discuss the weekend message.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session together. Give priority to the needs and pace of your group members.

While the questions are important, remember your group's goal is to create an atmosphere that will foster true friendships. Use the discussion questions as you see fit but emphasize the relationships.

[Genesis 2:18, NLT]

Then the LORD God said, "It is not good for the man to be alone. I will make a helper who is just right for him."

[Genesis 4:16, NIV]

So Cain went out from the LORD's presence and lived in the land of Nod, east of Eden.

NOD = means aimless wandering (and he wandered in isolation)

"Sin demands to have a man by himself. It withdraws him from the community.

The more isolated a person is the more destructive the power of sin will be over him.

And the more deeply he becomes involved in his sin, the more disastrous his isolation will be."

Dietrich Bonhoeffer

[Hebrews 10:24-25, NLT]

²⁴ Let us think of ways to motivate one another to acts of love and good works. ²⁵ And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

Encourage = to infuse courage, to provide strength for someone who needs it.

[1 Kings 18:36a, NLT]

"O LORD, God of Abraham, Isaac, and Jacob, prove today that you are God in Israel and that I am your servant.

[1 Kings 19:1-3a, NIV]

¹ 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.

The Road to Isolation:

1. He believed a lie about his future that caused him to run in fear.

When we believe a lie and begin to move in fear, we will always move in the wrong direction. When we move toward isolation – we move toward a cave!

[1 Kings 19:3-4a, NLT]

³ Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. ⁴ Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life..."

The Road to Isolation:

2. He eliminated all relationships and traveled alone.

[1 Kings 19:7-9, NIV]

⁷ The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." ⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. ⁹ There he went into a cave and spent the night. And the word of the Lord came to him: "What are you doing here, Elijah?"

The Road to Isolation:

3. He gets up and continues to move in the wrong direction!

Mt. Horeb / Sanai = the place his ancestors met with God

[1 Kings 19:9b-11, NIV]

⁹ And the word of the Lord came to him: "What are you doing here, Elijah?" ¹⁰ He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too." 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."

The Road to Isolation:

4. He rehearses, out loud, the false narrative that has led him into isolation.

How to come out of Isolation?

- 1. Go back the way you came** (head back toward community)
- 2. Anoint the next prophet and king** (give away what God invested in you)

Key Points:

How to come out of Isolation?

1. Go back the way you came (head back toward community)
2. Anoint the next prophet and king (give away what God invested in you)

Applications for the Week:

1. If you are in a cave of isolation, God won't leave you there. This week go back toward community and give away what God invested in you. Do you know someone who is in isolation,? Reach out to them and invite them back into community.

Discussion Questions:

1. Why is it detrimental to be in isolation?
2. What results or blessings come from being in community?
3. Why do you think some people remain in seasons of isolation for shorter stints versus longer periods?
4. What events can lead people into seasons of isolation and loneliness?
5. What are some indicators that people are sprinting toward isolation?
6. What are some ways to encourage people to keep gathering and staying connected? (See Hebrews 10:24-25)
7. Why do great failures sometimes come on the heels of significant victory?
8. Who do you need to personally encourage to find community and join a small group?
9. What are two ways Pastor Dave shared how we get on the right road to life and community?