



HEART *and* SOUL

LEAVING THE CAVE – Part 1

Pastor Dave Patterson

October 13 & 14

USING THIS SERMON DISCUSSION GUIDE

We have provided all the Scriptures referenced in the sermon and some discussion questions for you to use to facilitate a discussion.

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.

While the questions are important, remember your group's goal is not to pound through the questions but to create an atmosphere that will foster true friendships, so use the discussion questions as you see fit, but emphasize the relationships.

3 John 1:2

*Beloved, I pray that you may prosper in all things and be in health, **just as your soul prospers.***

We're triune beings – created with three parts:

1 Thessalonians 5:23

*Now may the God of peace make you holy in every way, and may your whole **spirit and soul and body** be kept blameless until our Lord Jesus Christ comes again.*

Key text for this series:

Proverbs 4:23

Guard your heart above all else, for it determines the course of your life.

“Guard your **heart**” Hebrew *leb* = heart, soul, inner-man, the center, the seat of emotions and passions

1 Kings 19:1-9

When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. ² So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.”

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, for I am no better than my ancestors who have already died.”

⁵ Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” ⁶ He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

⁷ Then the angel of the LORD came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.”

⁸ So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai,^[a] the mountain of God. ⁹ There he came to a cave, where he spent the night.

But the LORD said to him, “What are you doing here, Elijah?”

1 Kings 19:10-15

¹⁰ Elijah replied, “I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.”

¹¹ “Go out and stand before me on the mountain,” the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. ¹² And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper. ¹³ When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

And a voice said, “What are you doing here, Elijah?”

¹⁴ He replied again, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."

¹⁵ Then the LORD told him, "Go back the same way you came"

The Journey of an Unhealthy Soul

1. Elijah believed a lie concerning who he was and where God was taking him
2. Elijah allowed fear to guide him
3. Elijah isolated himself

*"Elijah was afraid and fled for his life ... Then **he went on alone into the wilderness**" (vv. 3-4)*

4. Elijah spoke out in agreement with the lie

"I have had enough, LORD," he said, "Take my life."

The Road to a Healthy Soul

1. Discover and be confident in who God has made you and where he is taking you
2. Identify where fear has led you and turn around, head in the direction of faith.
3. Refuse to isolate and find community.
4. Speak out what God says about your life and future.

TALK IT THROUGH

1. God's desire and provision is for believers to have a healthy soul (mind, will and emotions). Getting there, and keeping it there, is a process! Pastor Dave presented some evidences of a soul in need of healing, such as constant negative self-talk. What might be other evidences of an unhealthy soul? Can you relate?
2. Read our key text, Proverbs 4:23, together. Based on this verse, Pastor Dave said, "The state of my soul determines the outcome of my life." How has this been

true in your life so far? Share some examples. How can we alter the direction if we don't like where we're headed?

3. The first point in Pastor Dave's "Journey to an Unhealthy Soul" was Elijah believed a lie regarding who he was and where God was taking him. Discuss why the enemy targets our identity so strongly. What is the trap and what is at stake?
4. There is often a gap between who God says I am and how I feel about myself, and my circumstances. Though I may feel forsaken, God's word tells me that He will never leave or forsake me. Share with your group some of the truths from God's word, which have helped restore your soul and combat the lies.
5. What are the four steps on the Road to Soul Health? What is the next step that God is calling you to? Like Elijah, you have a calling, an authority over your life, and a future as a follower of Christ. The initial call on your life is still on you. Can you remember it? Take some time as a group to speak out your calling, your authority, and your future as God sees it. Pray for one another.