



THE
STRUGGLE
IS REAL

DISCUSSION GUIDE
Week 2: 9/21 - 9/22

DISCUSSION QUESTIONS

Week 2: 9/21 -22

Watch: <https://www.youtube.com/watch?v=XL1MHSrDGjE>

1. Elijah did not think realistically or clearly. When attacked or Intimidated by someone do you consider the source? Do you see beyond the threat? Do you use this as an opportunity to call on the Lord? Why or why not? Express some possibilities why your thinking tends to blur in times like these.
2. Elijah isolated himself from strengthening relationships. Do you agree with the statement depressed people are lonely people? Why or why not? Why do people tend to isolate themselves? How does our past come into the picture here?
3. Elijah didn't recognize that letdowns often come after a great success. Are successful and comfortable times usually vulnerable times for you as they were for Elijah? Why do you think that is? Recall an incident in your life that illustrates this period. What kind of strategy can you develop to defend yourself against this?
4. Elijah was physically exhausted and emotionally drained. From your own life, describe the relationship between physical fatigue and depression. When was the last time you relaxed? How are your sleep patterns? Have you ever considered the impact of your diet on your mental well-being?
5. Elijah had unrealistic expectations. Do you believe you are usually hard on yourself or too easy on yourself? Are you ever guilty at setting unrealistically high goals? What usually occurs in the aftermath?
6. What was said in this message that gave you the most hope?

*Have a question about something you heard in the message or that came up in your discussion? Have a related topic you'd like to see addressed in the **Series Followup Panel Discussion, Tuesday, October 15th at 7pm?** Email Caleb Eissler: ceissler@pleasantvalley.org*