



### **Before Service Begins:**

- Make sure your Life Group is all watching one of the online services together.
- Communicate to your Life Group how you will connect following the service (Facetime, Facebook Messenger, Zoom, Skype, Google Hangout, etc)
- Grab your Bible and Notebook, and get ready for an amazing service!

### **Tips for an amazing Welcome Home to Church Online experience:**

- Watch the service on your largest screen – *it'll feel more like you're "there"*
- Sing along loud and proud with the worship team
- Lean into the message – *say "amen," clap, shout, use your Bible & take notes*

### **Sermon Specific Questions:**

1. When God prepares us for the future, sometimes we will be brought through seasons that are difficult. How have you seen difficult seasons in life prepare you for where God was leading you to next?
2. 1 Kings 19:1-8 reveals to us the battle Elijah faces inwardly with depression. When you read about great people of faith in scripture facing depression, how does that influence your perspective on the subject of depression?
3. Elijah battled discouragement and depression just hours after the miracles he had previously experienced. What does that tell you about human nature, as well as the continual spiritual battles that each and every one of us face?
4. We can't survive or thrive as a Christian without fellowship and friendship. Are there others that should be in this Life Group? Who can you reach out to this week to connect with and encourage?
5. We heard in the message the rest, relationships with others, remembering God's purposes, and renewing yourself in God's presence are ways to handle depression. Which of these are you going to be intentional about this week? What stands out to you from Matthew 11:28-30? How can these verses encourage you this week?