

## **ELIJAH NOTES**

### **Week 4**

This week we finally find ourselves atop Mount Carmel, and Priscilla takes her time pulling out great life lessons about who God is and how that should affect our daily lives. Hopefully, every woman will come to group with new insights to share!

#### **Day 1**

The theme of this day is what God teaches us during "seasons of want". Israel had wanted water for 3 ½ years, can you remember what the point of the drought was? My mother-in-law says that when challenges come her way, she always asks: "God, what do you want me to learn from this?" What a simple, yet profound way to approach difficult seasons! Instead of assuming that God does not like you, we should assume that God is working out His plan in our lives- and His priorities are so different that the world's priorities. God's main goal is not for us to acquire wealth, influence or comfort. God's main goal to cultivate a Christ-like spirit within us, so that we can better fulfil the Great Commission (see Matthew 28:18-20). Are there any ladies in your group that are battling through a season of want? Are there ladies in the group who have come out the other side of a season of want and can encourage others by sharing what God produced in their lives through this experience?

#### **Day 2**

The theme of this day is to fully commit to God in everything we do. We will never achieve full spiritual fulfillment if we don't do this. As Elijah asks the Israelites in 1 Kings 18:21, "How long are you going to go limping between two opinions?" Or as Joshua states in Joshua 24:15: "Choose this day whom you will serve." This day may require ladies to do some intentional prayer and heart searching. We can subtly put things on the same level as, or higher than, God- our security, safety, ease of life for our children, our anxiety, our pleasure, our addictions, our success. Hopefully, the ladies were able to identify any areas that are competing with God for their loyalty. Encourage them to pray to God for help to rid themselves of these idols.

I have found that sometimes we just need to starve certain things in our lives- like go cold turkey- and kill it. This is especially works for guilty pleasures/creature comforts/addictions that take our time and attention away from God. If you don't feed something, it will lose its grasp on you, and it will eventually die.



Central**WOMEN**

### Day 3

In this day, we look at what the true meaning of repentance. Repent means "to make a change of mind, heart and action, by turning away from sin and self and returning to God". When we become Christians, we find out about our sinfulness and our need for Jesus and we turn and follow after Jesus. Repentance is not about being perfect. Repentance is about having the right motive for following God. We follow after God because we love Him and are grateful for Him. We don't follow after God to stay on his "good side"- that is not the message of the gospel. God does not expect us to be sinless- that is why He sent Jesus to die on the cross. But God does expect our loyalty. That is why a murdering adulterous man like David, could still be called "a man after God's own heart." David was FAR from perfect, but he was passionately loyal to Yahweh. David was grieved when Nathan made him aware of his sin. He wrote Psalm 51. Like David, we confess and repent because we do not want anything to come between us and our relationship with God, because we love Him!

A friend once told me that there was a time that she did not want to confess her sin to God, because she was ashamed and/or embarrassed about it. Somehow, not confessing it, made her think that God was unaware of it, or that the sin did not really exist. This thinking just prolongs the agony of sin- who wants to be in agony longer than necessary? Go to God for confession and repentance quickly (and authentically) every time you feel the need to. Do not ignore the conviction of the Holy Spirit- if you do you are only punishing yourself! As I heard another friend once say, "Conviction is good! It is a reminder that you are God's girl. He won't let you get away with sin because He loves you too much!"

### Day 4

The theme of this day is how to become women who have a strong and steady confidence in God when we feel overwhelmed or outnumbered. Take time to read 1 Kings 18: 23-25, to set the scene for the ladies. What were their responses to the questions on the bottom of page 136? If you have time, you can look at the other narratives listed on page 139. What new insights did the ladies pick up? How can we switch from an attitude of control, pride and self-sufficiency to complete confidence in the one true God that we know and serve?

## Day 5

The theme of this day is how to replace the frenzy of the world with a steadiness that comes from knowing, believing and walking in the promises of God. I loved Priscilla's statement at the bottom of page 145: "The population who should be living in continual weariness and exhaustion should be those who refuse to cement their loyalties in the one true God". We as Christians can place our hope in the rock-solid promises of God. We need to pray for guidance on how to settle our emotions when times are tough and remain steady and confident. Having said this, we have women in our church who are in extremely trying circumstances which can be exhausting and overwhelming. This made me pause to consider ways they we as a church family can help those who are desperately trying to remain steadily confident in the Lord. If there is a woman in your sphere that is in this position, here are some ways we should help:

- Pray for these ladies every day to feel the strength, comfort and peace of God.
- Serve them in practical ways to share their burden.
- Find ways to bring them some joy or encouragement in the daily grind.
- Remind them of God's eternal promises.

