

# Mental



## ✔ Prepare in Advance

Facilitator: In advance of the session:

- Provide paper, pens, and envelopes for each individual.
- Review last week's story (1 Kings 19:1-15) and be prepared to refer to it during this session.
- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the *Bible Background Video* ready to view.

## ✔ Explore

Before reading the text, reread or simply review last week's story of Elijah fleeing to the wilderness.

**Ask:** If you were God, how would you have responded to Elijah's complaints?

Have someone read 1 Kings 19:15-21 out loud and show the *Bible Background Video*.

## ✔ New Tasks to Do

Use the following questions to encourage discussion.

- What was Elijah's complaint to God (verse 14)?
- Even though God did not directly answer, God gives instructions – the anointing of new kings and leaders, the discovery of God's faithful. How does God answer Elijah's complaints through these tasks?
- Why might it have been more effective to answer with tasks rather than words?

## ✔ Passing on Hope

Continue to encourage discussion by asking questions like the following.

- Even though he's tired and discouraged, Elijah is nowhere near retirement – he still has several years of effective ministry ahead of him. Why was this an appropriate time, then, to appoint a successor?
- Why is mentoring such an effective means of passing on a calling? How is mentoring others in faith different than teaching a class or writing a book?
- What effect can mentoring have on the mentor? How can mentoring give us renewed energy for things that have worn us down?
- Does Elisha appear to have any training as a prophet? What kinds of things do you think will he need to learn in order to do this job?

- What do you make of Elijah's method of appointment – no introduction, no interview, not even asking if Elisha wanted the job? Was this some clever recruitment technique, or do you think Elijah intended to leave the job behind when he passed his cloak?
- What did Elisha do for his "farewell party?" How does this show his commitment to his new task?
- What kind of effect might Elisha's enthusiasm have had for Elijah?

## ✔ Closing

**Discuss:** What task or calling has God given you, and how can you pass your experience on to someone else?

Close with prayer, asking God to help us find ways to mentor others in the things we've learned.

**By Jon Parks**

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