

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. – 2 Corinthians 10:5

The Defeat of a Great Man . . . 1 Kings 19

The Showdown . . . 1 Kings 18

The Letdown . . . 1 Kings 19

Disappointment Comes From:

- Difficult _____
- _____ and _____ exhaustion
- _____
- Unrealistic _____
- The crash after an _____

Application . . . Winning the Battle of the Mind – 2 Cor. 10

What often begins as a personal battle becomes a spiritual battle because the battle itself causes us to disengage from spiritual things and the purpose for which we exist . . . therefore I must . . .

- A. _____ my thinking – . . . *take every thought captive*
- B. Make my Mind . . . _____ – . . . *make it obedient to Christ*

1. This week, we saw through the example of Elijah that venting our frustrations to God during the dark times is not only acceptable, but can actually be healthy in working through the issue at hand. What's your response to Jeremiah's venting of frustration found in Jeremiah 20:7-10, 14-18?

Can you think of any indicators that a person's "venting to God" is over the top and no longer helpful to them, others or God?

2. Keeping God's power in mind is one of the keys to dealing with the "letdown." How do you relate to how Jeremiah keeps God's power in mind in the midst of high frustration in Jeremiah 20:11-13?

Can you think of any verses, attributes or characteristics of God that have helped you through difficult times?

3. God recognizes we need time to recoup and refresh. Read Mark 1:35-39 and 6:30-32 and note the importance of getting away to refresh.

How literal do you think "getting away" needs to be?

4. Living out our calling is how God has designed us to live. In fact, the enemy would love to keep us ineffective and confused about our purpose. How does Jesus make our calling incredibly clear in Matthew 22:37-39 and 28:19-20?

How do Jesus' words help us keep our focus simple? What might be challenging or confusing for you?

Memory Verse

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The Defeat of a Great Man . . . 1 Kings 19

The Showdown . . . 1 Kings 18

The Letdown . . . 1 Kings 19

Disappointment Comes From:

- Difficult people
- Physical and emotional exhaustion
- Isolation
- Unrealistic goals
- The crash after an adrenaline rush

Application . . . Winning the Battle of the Mind – 2 Cor. 10

What often begins as a personal battle becomes a spiritual battle because the battle itself causes us to disengage from spiritual things and the purpose for which we exist . . . therefore I must . . .

- A. Control my thinking – . . . *take every thought captive*
- B. Make my Mind . . . Mind – . . . *make it obedient to Christ*

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