



PART 3: A WHISPER OF PERSPECTIVE

STUFF TO DISCUSS:

1. If you could hang out with anybody in homegroup — dead or alive, excluding Jesus — who would you choose and why?
2. Take time to read the story of Elijah in 1 Kings 19:1-9. When reading this story, see if you can identify with some of Elijah's feelings: fear, depression, overwhelmed, thinking about death, and even hunger.
3. In this part of the series, Jeremy suggested several “best things” you could do. Of the following, which are the easiest for you to do vs. what's most difficult?
 - Take a nap.
 - Eat something & hydrate.
 - Be honest with God.
4. Have you ever used other grounding techniques (something to remind yourself, to bring you back) to assist in your mental health journey?
5. In the remaining chapter, Elijah finds the presence of God in a whisper, not in the wind or an earthquake or in fire. In what ways have you looked for God in the loud, physical things of life? Have you ever experienced God in a small whisper like Elijah?

NEXT STEPS & PRAYER REQUESTS

- Find all the resources for this series here: [I Declare War Series Resources](#)
- Learn how to recenter & refocus yourself in times of hopelessness.