Journaling

Guided Journaling Prompts for 1 Kings 19

Reflection:
1. Elijah's Journey:
- Where did Elijah go when he was feeling scared and tired?
- How did God take care of Elijah while he was in the wilderness?

2. God's Voice:
- What happened when God revealed Himself to Elijah on the mountain?
- How did Elijah recognize God? Was it through the wind, the earthquake, the fire, or something else?

Personal Application:
1. Feeling Overwhelmed:
- Have you ever felt scared or overwhelmed like Elijah? What did you do to feel better?
- Elijah found comfort in talking to God. Who are some people you can talk to when you need help, comfort, or advice?

2. Listening for God's Direction:
- Can you think of a time when you felt God was speaking to you or guiding you in some way? What was that like?
- What can you do to make yourself more open to hearing God’s quiet voice in your everyday life?

Prayer:
1. Thankfulness:
- Write a prayer thanking God for taking care of you, just like He took care of Elijah.

2. Asking for Guidance:
- Ask God to help you listen and be guided by Him, especially when you’re feeling nervous or unsure about something.

3. Helping Others:
- Pray for someone you know who might be feeling alone or scared. Ask God to give them peace and direction, like He did for Elijah.

Open-ended Questions:
1. Understanding God's Presence:
- How can we find God’s presence in the quiet moments of our lives?
- What are some small, quiet ways you can show kindness and care to others around you this week?

2. Courage and Hope:
- Elijah was a prophet who sometimes felt alone. What helps you to be brave when you have to do hard things?
- How does knowing God is with you give you courage in tough times? Can you think of other Bible stories where God helped someone who was feeling alone?

Encourage students to take their time with each prompt, allowing them to express their feelings

openly and sincerely.