



SERMON BASED STUDY GUIDE

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TRUSTING GOD AMIDST WORRY AND FEAR

OPENING & PRAYER:

Worry is something that touches every one of us, whether it's about trivial things like gray hairs and sports teams, or the deeper concerns of life—money, the future, job security, relationships, and health. These anxieties can weigh us down, making us feel as if we're walking around with a piano ready to fall on our heads. But God's Word gives us a powerful example in the life of Elijah, a man who faced overwhelming odds and yet learned to trust in God's provision and presence.

"Father, I thank you for your guidance. As we study the life of Elijah, I pray that we learn to lean on Your Word and listen to you when you speak to us. Even though the world may be telling us one thing, we trust in You and the path you have chosen for us to lead. In Jesus' name I pray, amen."

SCRIPTURE:

King Ahab, wife Jezebel and the worship of Baal Ahab son of Omri did more evil in the eyes of the Lord than any of those before him. **1 Kings 16:30 NIV**

He setup an altar for Baal in the temple of Baal that he built in Samaria **1 Kings 16:32 NIV**

Now Elijah the Tishbite, from Tishbe in Gilead, said to Ahab, "As the Lord, the God of Israel, lives, whom I serve, there will be neither dew nor rain in the next few years except at my word." **1 Kings 17:1 NIV**

Then the word of the Lord came to Elijah: "Leave here, turn eastward and hide in the Kerith Ravine, east of the Jordan. You will drink from the brook, and I have directed the ravens to supply you with food there." **1 Kings 17:2-4 NIV**

The Ravens brought him bread and meat in the morning and bread and meat in the evening, and he drank from the brook. **1 Kings 17:6 NIV**

So, Obadiah went to meet Ahab and told him, and Ahab went to meet Elijah. When he saw Elijah, he said to him, "Is that you, you troubler of Israel?" I have not made trouble for Israel, "Elijah replied. "But you and your father's family have. You have abandoned the Lord's commands and have followed the Baals. Now summon the people from all over Israel to meet me on Mount Carmel... **1 Kings 18:16-19A NIV**

So, Ahab sent word throughout all Israel and assembled the prophets on Mount Carmel. Elijah went before the people and said, "How long will you waver between two opinions? If the Lord is God, follow him; but if Baal is God, follow him." But the people said nothing. **1 Kings 18:20-21 NIV**

Then Elijah said to them, "I am the only one of the Lord's prophets left, but Baal has four hundred and fifty prophets. Get two bulls for us. Let Baal's prophets choose one for themselves, and let them cut it into pieces and put it on the wood but not set fire to it. I will prepare the other bull and put it on the wood but not set fire to it. Then you call on the name of your god, and I will call on the name of the Lord. The god who answers by fire-He is God." **1 Kings 18:22-24A NIV**

Elijah said to the prophets of Baal, "Choose one of the bulls and prepare it first, since there are so many of you. Call on the name of your god, but do not light the fire." So, they took the bull given them and prepared it. Then they call on the name of Baal from morning till noon. "Baal, answer us!" they shouted. But there was no response; no one answered. And they danced around the altar they had made. **1 Kings 18:25-26 NIV**

At noon Elijah began to taunt them. "Shout louder!" he said. Surely, he is god! Perhaps he is deeper in thought, or busy, or traveling. Maybe he is sleeping and must be awakened." So, they shouted louder and slashed themselves with swords and spears, as was their custom, until their blood flowed. Midday passed, and they continued their frantic prophesying until the time for the evening sacrifice. But there was no response, no one answered, no one paid attention. **1 Kings 18:25-26 NIV**

At the time of sacrifice, the prophet Elijah stepped forward and prayed: "Lord, the God of Abraham, Isaac and Israel, let it be known today that you are God in Israel and that I am your servant and have done all these things at your command. Answer me, Lord, answer me, so these people will know that you, Lord, are God, and that you are turning their hearts back again." **1 Kings 18:36-37 NIV**

Then the fire of the Lord fell and burned up the sacrifice, the wood, the stones and the soil, and also licked up the water in the trench. When all the people saw this, they fell prostrate and cried, "The Lord-he is God! The Lord-he is God!" **1 Kings 18:36-37 NIV**

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." **1 Kings 19:1-2 NIV**

There he went into a cave and spent the night. And the word of the Lord came to him: "What are you doing here, Elijah?" He replied, "I have been very zealous for the Lord God Almighty..." **1 Kings 19:9-10A NIV**

He says, "Be Still and know that I am God"... **Psalms 46:10A NIV**

You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, Lord, know it completely. You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain. **Psalms 139:1-12 NIV**

Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you. **Psalms 139:1-12 NIV**

GO DEEPER:

Elijah lived in a time when the people of Israel had turned away from God, worshiping idols and forgetting the One who had delivered them. Despite the darkness around him, Elijah stood boldly before King Ahab, declaring that there would be no rain except at his word. This was not just courage—it was holy confidence rooted in knowing who God is and what He can do. Elijah's story reminds us that when God calls us to something, He doesn't leave us stranded. He provides direction, sustenance, and everything we need, just as He did for Elijah by sending ravens with food and guiding him to water in the wilderness.

Yet, even Elijah, after witnessing God's miraculous power—fire from heaven, victory over false prophets—found himself running in fear from Jezebel. In his moment of weakness, Elijah forgot all that God had done. But God met him in his fear, not with condemnation, but with a gentle question: "What are you doing here?" God's presence never left Elijah, even when he was hiding in a cave, overwhelmed by worry and fear.

This is a reminder for us: worry often leads to fear, and fear can drive us to places God never intended us to go. But God's invitation is to "be still and know that I am God." No matter what we face—financial uncertainty, broken relationships, health scares—God is with us, providing, guiding, and holding us fast. He knows us intimately, and there is nowhere we can go where His presence does not reach. Like a child who simply trusts, we are called to have a child-like faith, confident that our Heavenly Father will never let us down. Even when we falter, He remains faithful.

KEY TAKEAWAYS:

Worry is universal, but God's provision is personal. Whether our concerns are small or life-altering, God knows exactly what we need and is faithful to provide, just as He did for Elijah in the wilderness. Our anxieties are not too trivial or too great for Him to handle. **[05:04]**

Holy confidence is not arrogance, but a deep trust in God's character and promises. Elijah's boldness before King Ahab and the prophets of Baal was rooted in his unwavering belief that God would show up. This kind of confidence is available to us when we remember who God is and what He has done. **[14:54]**

Even the strongest believers can falter when fear takes hold. Elijah, after experiencing God's miraculous power, still ran in fear from Jezebel. This shows that spiritual highs do not make us immune to worry or fear, but God's grace meets us in our weakness and gently calls us back to trust. **[33:26]**

Worry often fosters fear, which can lead us away from God's best for us. When we let anxiety rule, we may make decisions out of fear rather than faith. God's invitation is to "be still and know that I am God," reminding us to pause, trust, and let Him be our provider and protector. **[35:01]**

God's presence is constant, even when we feel alone or overwhelmed. Psalm 139 assures us that there is nowhere we can go to escape His love and care. Like a child with simple faith, we are called to trust that God is always with us, guiding, providing, and holding us fast, no matter what we face. **[38:34]**

LEARNING AND GROWING:

1. What were some of the real-life worries and fears that Elijah faced during his ministry? (see 1 Kings 17-19; **[12:41]**)
2. According to Psalm 139, what does it say about God's knowledge of us and His presence in our lives? (**[38:34]**)
3. Why do you think Elijah was able to show such boldness and "holy confidence" before Ahab and the prophets of Baal, but later ran in fear from Jezebel? What changed for him? (**[31:23]**)
4. How does God respond to Elijah when he is hiding in the cave, overwhelmed by fear and worry? What does this reveal about God's character? (**[33:26]**)
5. The sermon encouraged us to "be still and know that I am God." What practical steps can you take this week to pause, be still, and trust God with your worries? (**[36:34]**)

CLOSING PRAYER:

"Father, thank you for the opportunities to grow in my faith. When worry comes, I will lean on Your Word to guide me through. I will continue to trust in You, because fear does not come from you. It is a weapon formed to do us harm and that is not your will for our lives. We will stand against fear and not let it control our lives. In Jesus' name I pray, Amen."