

STOP DENYING WHAT'S ALIVE IN YOU

STUDY GUIDE

ELIJAH'S RESTORATION | 2 CORINTHIANS 5:14-21



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The Life That Is Already in You

1 KINGS 19 • 2 CORINTHIANS 5:14-21

BIG IDEA

My pain is real, but Christ is real. God meets me in my exhaustion, gives me new life in Christ, and calls me to love others.

GOVERNING SCRIPTURE

“For the love of Christ constraineth us ... that they which live should not henceforth live unto themselves.” — 2 Corinthians 5:14-15 (KJV)

THIS WEEK'S FRAMEWORK

RESTORATION → INDWELLING LIFE → SURRENDER → RECONCILIATION

SERMON MOVEMENTS

1. God meets Elijah in exhaustion and restores him.
2. Christ in you is the hope of glory.
3. The love of Christ moves us beyond ourselves.
4. One name: take one faithful step toward another person.

VISION CONNECTION

Forward: move in faith. Higher: surrender to Christ. Together: encourage and walk with someone. Christ remains the center.

Sunday Message Notes

LISTEN • REFLECT • RESPOND

- God met Elijah in the cave, but did not intend for him to live there.
- I am not denying my pain; I am refusing to deny Christ's presence.
- Christ in you, the hope of glory.
- The life God places in me is meant to move through me.
- Who is my one name?

WHAT THE HOLY SPIRIT IS SHOWING ME

MY IMMEDIATE RESPONSE

Monday: God Meets the Exhausted

READ 1 KINGS 19:1-8

TODAY'S TRUTH

God is compassionate toward weary people.

REFLECT

After Elijah's great victory, he became afraid and exhausted. God responded with food, rest, and patient care before sending him onward. Being tired is not proof that God has abandoned you.

HEART CHECK

Where do I need to receive rest, help, or honest support?

What would receiving God's care look like this week?

PRAY

Lord, meet me where I am. Help me receive the rest and care I need.

MY ONE FAITHFUL STEP

Tuesday: God Does Not Leave Me There

READ 1 KINGS 19:9-18

TODAY'S TRUTH

God restores us for continued faithfulness.

REFLECT

In the cave, Elijah described his fear and isolation. God heard him, corrected his perspective, and gave him another assignment. God's question was an invitation to reorient, not an excuse for shame.

HEART CHECK

Where has discouragement narrowed my perspective?

What faithful step might God be calling me to take?

PRAY

Father, renew my perspective and guide me into faithful obedience.

MY ONE FAITHFUL STEP

Wednesday: Christ in Me

READ COLOSSIANS 1:27; ROMANS 8:9-11

TODAY'S TRUTH

My hope is grounded in Christ's presence, not my circumstances.

REFLECT

The Christian's hope is not hidden human potential. It is Christ in us by the Holy Spirit. The Spirit who raised Jesus from the dead dwells in those who belong to Christ.

HEART CHECK

Which struggle has become louder than my awareness of Christ?

How can I remind myself of God's presence without denying real pain?

PRAY

Jesus, make me attentive to Your presence and faithful to Your Word.

MY ONE FAITHFUL STEP

Thursday: A Living Hope

READ 1 PETER 1:3-9; 2 TIMOTHY 3:1-5

TODAY'S TRUTH

Living hope gives me a reason to keep trusting Christ.

REFLECT

Peter speaks of a living hope through Jesus Christ's resurrection, even amid trials. Paul warns against outward religion that denies its power. God invites us beyond religious appearance into genuine faith and transformed living.

HEART CHECK

Am I relying on church activity without growing in trust and obedience?

Where do I need renewed hope rather than another performance?

PRAY

Lord, renew my hope and form genuine faith in me.

MY ONE FAITHFUL STEP

Friday: Love Moves Me Beyond Me

READ 2 CORINTHIANS 5:14-17

TODAY'S TRUTH

Christ's love moves me to live for Him, not only for myself.

REFLECT

Paul says Christ's love compels believers. Jesus died and rose so that those who live no longer live for themselves. Self-care is good; self-centeredness cannot be the center of Christian life.

HEART CHECK

Where have I become overly focused on my own concerns?

How might Christ's love move me toward another person?

PRAY

Christ, help me surrender self-centeredness and love faithfully.

MY ONE FAITHFUL STEP

Saturday: An Ambassador for Christ

READ 2 CORINTHIANS 5:18-21; MATTHEW 28:18-20

TODAY'S TRUTH

God has entrusted believers with the message of reconciliation.

REFLECT

God reconciles us to Himself through Christ and sends us as His ambassadors. We do not save people; Christ does. We can listen, encourage, tell our story, and invite someone to follow Jesus.

HEART CHECK

Who is one person God has placed in my path?

What is one specific, loving step I can take toward that person?

PRAY

Lord, give me courage, humility, and love as I reach toward my one.

MY ONE FAITHFUL STEP

Restoration and Hope Inventory

HONEST REFLECTION • NO SHAME

REMEMBER

God cared for Elijah's exhaustion before redirecting him. Asking for help and receiving care can be faithful responses.

REST

What do I need to rest from or recover from?

SUPPORT

Whom can I ask for prayer, encouragement, or practical help?

PERSPECTIVE

What has pain or disappointment made difficult for me to see?

HOPE

Which promise of Christ do I need to remember?

Christ in Me: Faith Check

NOT POSITIVE THINKING • RESURRECTION HOPE

REMEMBER

Christ in you is a promise about belonging to Him, not a claim that Christians never struggle. The Spirit comforts, convicts, strengthens, and leads us.

THE GOSPEL

How would I explain Jesus' death and resurrection in my own words?

MY TRUST

Am I trusting Jesus, or simply familiar with church?

MY SURRENDER

What area of life needs renewed obedience to Christ?

MY HELP

What care, counsel, or support do I need to receive?

Who Is My One?

ONE NAME • ONE LOVING STEP

REMEMBER

The invitation is not another church program. It is a personal act of love: listen, encourage, invite, share Christ, or simply walk with someone.

ONE NAME

The person I will intentionally move toward is:

ONE NEED

What do I know about this person's situation, without making assumptions?

ONE STEP

I will call, visit, encourage, invite, listen, or pray by:

ONE FOLLOW-UP

How can I continue a genuine relationship beyond one invitation?

My Outward Faith Growth Plan

SURRENDER • LOVE • ACTION

REMEMBER

The love of Christ compels us. We serve from His love, not to earn it.

AREA	MY RESPONSE	MY PRACTICE
Rest and care		
Living hope		
Surrender		
Encouragement		
Sharing my faith		
My one name		

My Commitment and Prayer

CHRIST IN ME • LOVE THROUGH ME

THIS WEEK

The one act of love I will take is:

MY SUPPORT

Someone who can encourage me and pray with me is:

MY RESPONSE

What I want to remember when I feel weary again:

MY PRAYER

Lord Jesus, thank You for meeting me in weakness and giving me living hope. Help me receive Your care, surrender my self-centeredness, and move toward others in love. Make me a faithful ambassador of Your reconciliation. Amen.

My Declaration

STOP DENYING WHAT'S ALIVE IN YOU

I DECLARE

My circumstances are real, but they are not the whole story. Jesus Christ is risen. If I belong to Him, His Spirit dwells in me. I can receive care when I am weary, live by faith, and love the people He places in my life.

THIS WEEK I WILL REMEMBER

- God met Elijah in his exhaustion.
- Christ in me is the hope of glory.
- The love of Christ compels me.
- I do not have to reach everybody; I can love one person.

PRAYER

Father, renew my joy and restore my hope. Let Your Word shape my faith and Your Spirit guide my steps. Help me see the person You have placed before me and respond with love. In Jesus' name, amen.

FORWARD & HIGHER TOGETHER