



# DISCIPLE GROUP CURRICULUM GUIDE

Elijah: Jesus and Your Mental Health  
August 21 & 24, 2025  
Pastor Joby Martin

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**LEADER NOTES – *Leading Well in 7 Minutes or Less* - S3 E6:** Elder Gary Proctor on How to Encourage Men to Lead a Group, Encourage Openness and Honesty, and How to Prepare for Group. Listen to this and ALL episodes for free on [Spotify](#) or [Apple](#).

**Fall trimester:** August 18 – December 8

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**ANNOUNCEMENTS – NEW - *Serve with Our ministry partners in the Fight for the Unborn:*** Opportunities for male mentors, patient advocates, receptionists, and friendly faces to serve in their moms' boutiques. Every role helps protect life and show the love of Christ to moms and families. Click here for more information and to sign up: [coe22.com/multiplication/localmission/fight-for-the-unborn](http://coe22.com/multiplication/localmission/fight-for-the-unborn).

**Join our ASL Serve Team or our Braille Serve Team:** Exalt Christ by serving individuals and families impacted by special needs through ASL or Braille for worship services, disciple groups, materials and events. We're also asking those who are deaf, hard of hearing or visually impaired to speak into what would bless them most. [Click here to register](#). (Put ASL or Braille in the comments section of the registration.)

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**THIS WEEK'S READING PLAN:** Download our app for [Apple](#) or [Android](#). Click the "Daily" icon at the bottom of the app for our daily Bible reading plan.

**Share Wins, Praises and Prayers:** Where did you see God move this week?

**Action Step Review:** Last week's in group action step: *"Stop limping between two options. Put the one thing in your life that's pulling you away from Jesus on the altar. Put all your faith in Jesus and pray persistently all week."* How did God answer your prayers? What did you learn about God? About yourself?

**Sermon Text:** *1 Kings 19:1-8; Psalm 23:4; 42:5; 147:3; 139; Isaiah 41:10; Matthew 11:28-29; 26:36-38; Acts 16:28; 2 Timothy 1: 7; Hebrews 4:15*

## Discussion Questions

**Leaders:** Our goal is for your group members to engage in a meaningful discussion, not to answer every question. Creating trust among members and understanding who is in the group is vital to taking conversations deeper and growing in vulnerability.

- **Read 1 Kings 19:1-8. What stood out to you in the sermon this week, in the scriptures and what God revealed to you about Himself?**
- **Discuss the miracles Elijah saw God do and allowed Elijah to be a part of. What do you think led Elijah to then run from Jezebel and ask God that he might die?** (*Elijah felt isolated, overwhelmed, tired and weak. He took his eyes off the LORD, focused on his circumstances and became consumed by fear. Fear is looking into the future and believing that the world, the enemy and your flesh is in control. Faith is looking into the future and trusting that God is in control. See 2 Timothy 1: 7.*)
- **Discover:** Share a time (present or past) when you felt isolated, overwhelmed, tired, weak depressed or even "sorrowful unto death." See Matthew 26:36-38 and 1 Kings 19:4. (*Leaders: Don't lead with advice or try to fix anyone. Pray for people and connect them with the Care team. The suicide crisis line is 988.*)  
**Deepen:** What did you do and what did God do? Or what are you doing right now?
- **What are some reasons you may feel depressed even though Jesus is your Lord and Savior?** (*1. Direct oppression. 2. Result of the Fall 3. Someone hurt you. 4. Poor habits or the result of trauma. Remember, God is sovereign over it all and God is for you. See Romans 8:28.*)
- **Read Hebrews 4:15-16 and Matthew 26:36-38. No matter what we're going through, Jesus knows how we feel. What does this say about His character and how does this help you through difficult times?**
- **Discover:** Discuss how to fight to love God with all your mind. (*Bring all your thoughts and feelings to God. He can rewire your mind. The enemy wants you to question the Word of God, the worth of God and the work of God. See Ephesians 6:10-13; 2 Corinthians 10:3-5; and Romans 12:2. Memorize the truth of God's word. Preach the Gospel to yourself. Remember all God has done for you and how much He loves you. Sometimes, getting help from a Christian counselor is needed.*)  
**Deepen:** Take turns reading the verses on mental health support out loud and share what stands out to you: (*Psalm 23:4; 42:5; 147:3; 139; Isaiah 41:10; Matthew 11:28-29; 26:36-38; Acts 16:28*)
- **When you go through a season where you just can't "turn on happy," what are some practical steps you can take (physically and mentally)?**
- **Pastor Joby pointed out that men have a king and a jester inside them. You get the one you speak to. How can you be a messenger of hope in the way you speak to your spouse, kids, yourself, friends, coworkers, etc.?**

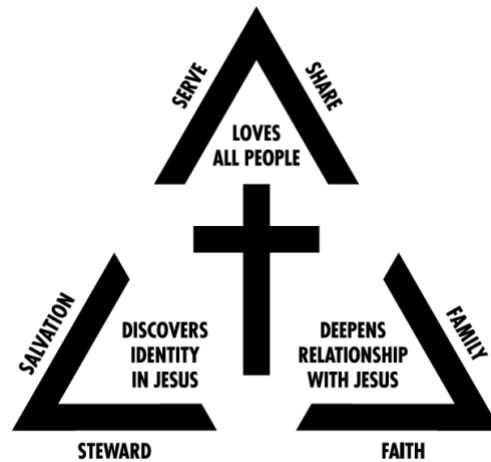
**Action Step:** 1. This week, when fear, anxiety, or hopelessness arise, stop and name the lie. Then, out loud, replace it with God's truth and renew your mind. (2 Corinthians 10:5.)

2. Confess, repent and apologize to anyone hurt by your harsh words. Pray for the Holy Spirit to give you self-control over your tongue in the future. Forgive those whose harsh words have wounded you.

## Your Discipleship Journey

- **RightNow Media:** Find an *unending supply of resources* by signing up for a FREE RightNow Media account. Go to [coe22.com/rightnowmedia](http://coe22.com/rightnowmedia) or text “RightNow” to 441122.

*(Note: You'll need to login or create an account to view RightNow Media content.)*



*Go to [coe22.com/resources/discipleship-journey/](http://coe22.com/resources/discipleship-journey/) and click “Download Tool” to download or print a discipleship journey tool with questions for you to ask yourself and others. Please share the link and directions with others in your group.*