

# REAL LIFE ISSUES

## FRUSTRATION AND DESPAIR

>> Jonah's experience must have been emotionally draining—a violent storm, three days in a fish, preaching to an entire large city, sitting outside exposed to the elements. Sometimes we experience amazing things with God. We feel like we're flying high only to crash over some unexpected obstacle or situation. The prophet Elijah experienced something similar after a victorious miracle on Mt. Carmel. Let's compare how God dealt with Jonah and how He dealt with Elijah. Read **1 Kings 19:1-18**.

1. Why did Elijah despair?
2. What question did God ask Elijah twice?
3. How did God show grace to Elijah on the mountain?
4. How has Jesus Christ made grace to me possible?
5. When I see God's grace, I feel \_\_\_\_\_.

>> How can I rise above frustration and despair at home to bring glory to God? At school?



Bringing the Bible to Life  
Lesson 8: Think Again!