



WEDNESDAY, SEPTEMBER 9 · 7:00 PM ONLINE

Session 1 · 13 minutes

## The Persona

*Our busy lives can hide our issues.*

### WHERE WE ARE IN THE STORY

Elijah is a prophet in Israel during the reign of Ahab and Jezebel, a king and queen who have led the nation into idol worship. On Mount Carmel, Elijah challenges four hundred and fifty prophets of Baal to a contest: two altars, and whichever god answers with fire is the true God. Baal is silent all day. Then Elijah prays, fire falls, and the whole nation drops to the ground and declares that the Lord is God. It is the greatest public moment of his life. What happens next is the reason we are studying him.

### WATCH FOR

1. Where is Elijah when this session begins, and what has he just accomplished?

2. What does it mean to be “chasing chariots,” and what does that look like in our lives today?

3. What happens to pain we bury instead of process?

### KEY VERSE

“Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean.”

**MATTHEW 23:27**

Also in tonight's study: **1 Kings 18** · **Exodus 1–4** · **Philippians 3:5** · **Matthew 6:5–8**

### NOTES

# Search Me, O God

*Spiritual growth begins with honest self-examination before God.*

## FROM WEDNESDAY

Elijah never asked to be searched. He went from the greatest victory of his life straight into collapse, and nobody around him saw it coming. This morning we pray the prayer he skipped.

## KEY VERSE

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

PSALM 139:23–24

Also this morning: **Psalm 139:1–24** • **James 1:22–25** • **2 Corinthians 13:5**

## SIT WITH THESE

1. What parts of yourself are easiest to bring before God?

2. What parts are hardest?

3. How does God knowing you fully bring both conviction and comfort at the same time?

## THIS WEEK

**Pray Psalm 139 slowly, every day.** Not read. Prayed. Say it out loud if you can. Notice which verse you want to hurry past, and stay there a moment longer.

## THE DAILY EXAMEN • OUR PRACTICE FOR SEPTEMBER

Five minutes at the end of the day. Adapted from Ignatius of Loyola.

1. Become aware that you are in God's presence.
2. Review the day with gratitude. What was given to you?
3. Pay attention to what you felt, especially what you would rather not look at.
4. Choose one moment from the day and pray about it honestly.
5. Look toward tomorrow and ask for what you will need.

NEXT WEDNESDAY, SEPTEMBER 16

**Session 2 • The Anxiety.** Elijah under the broom tree.



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