

When You're Down,
LET GOD LIFT YOU UP!

JUNE 4, 2023

WORSHIP

Joy, Only a God Like You,
Run to the Father, 10,000
Reasons (Bless the Lord)

WELCOME

What is the first thing you
do when you're feeling
down?

**WEEKLY PRAYER
POINTS****I. Thanksgiving**

- Worship God for who He is, what He has done, and what He will do in our lives.

II. Country and the World

- Upright and moral governance of public servants; repentance and salvation for government leaders and citizens for a Christ-centered Philippines.
- God's help and comfort for the Sudanese people caught in violence and conflict.
- War in Ukraine to end, loss of lives prevented; tension in East Asian and Middle East countries to stop.

III. Church

- That CCF Members would honor and love God and make disciples.
- Elders, pastors, deacons, and families (holy, humble, harmonious, happy, heart-working).
- Ministries and churches expansion worldwide.

IV. CCF Facilities

- Worship and Training Center
- Prayer Mountain

V. Personal Concerns

- Deeper intimate relationship with God.
- Righteous living.
- Salvation of family and friends.

WORD**READ IT!****1 KINGS 19:8-13**

(READ 1 KINGS 17-19 for context)

⁸ So he arose and ate and drank and went in the strength of that food forty days and forty nights to Horeb, the mountain of God. ⁹ Then he came there to a cave and lodged there; and behold, the word of the Lord came to him, and He said to him, "What are you doing here, Elijah?" ¹⁰ He said, "I have been very zealous for the Lord, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away." ¹¹ So He said, "Go forth and stand on the mountain before the Lord." And behold, the Lord was passing by! And a great and strong wind was rending the mountains and breaking in pieces the rocks before the Lord; but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake. ¹² After the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of a gentle blowing. ¹³ When Elijah heard it, he wrapped his face in his mantle and went out and stood in the entrance of the cave. And behold, a voice came to him and said, "What are you doing here, Elijah?"

PARAPHRASE IT!

Restate the verses in your own words.

TALK ABOUT IT!

- What did you like about these verses?
- What did you learn about God?
- What did you learn about people?
- What did you learn about responding to your low times?
- What did you learn about following Jesus?

POINT IT OUT!**INTRO**

(James 5:17-18)

I. THE HIGHS: REMEMBER

(1 Kings 17:1-9; 1 Kings 18:1-2,17-45, Psalm 103:1-5)

II. THE LOWS: RUN TO GOD

(1 Kings 19:1-18, Lamentations 3:19-23)

III. THE FINISH: REST ASSURED

(1 Kings 19:19,21; 2 Kings 2:11-12, Hebrews 12:1-2)

WORKS**APPLY IT!**

Based on this lesson on "WHEN YOU'RE DOWN, LET GOD LIFT YOU UP!", write down your action point to apply what you learned. Make it your "I will..." statement and follow the S.M.A.R.T. guideline to come up with a do-able action point.

Simple

Measurable

Appropriate

Realistic

Time-bound

"I will _____

SHARE IT!

Who will you share these truths to this week?

**PRAY CARE SHARE
IN ACTION**

Pray for people to look to the Lord Jesus Christ as the lifter of souls. Extend physical and spiritual care to those who are at the low points of their life. Be a listener. Be a sharer of good news--the gospel or your testimony of how God lifted you up when you were down, to someone this week.

MEMORY VERSE**JAMES 5:17-18**

¹⁷ Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain, and it did not rain on the earth for three years and six months. ¹⁸ Then he prayed again, and the sky poured rain and the earth produced its fruit.