

Mt. Carmel & Mt. Horeb

Second Helping - Meeting God on the Mountain (Part 5)

Icebreaker (Choose One)

Option 1 (Light):

Have you ever confidently predicted something that actually came true? What happened?

Option 2 (Reflective):

Have you ever had a "Mount Carmel" moment (a clear win or breakthrough) followed quickly by a "Mount Horeb" moment (discouragement, exhaustion, or doubt)?

Option 3 (Personal):

When pressure increases in your life, do you tend to become more decisive or more hesitant?

Option 4 (Spiritual):

Where are you most tempted to "waver" – career, finances, relationships, reputation, comfort, security?

Brief Recap of the Message

In 1 Kings 18-19 (NIV), Elijah stands on Mount Carmel and boldly confronts King Ahab and 850 false prophets. For three years, Israel has suffered drought because they abandoned the Lord and followed Baal. Baal was supposed to be the storm god – yet he could not send rain.

Elijah challenges the nation:

"How long will you waver between two opinions? If the Lord is God, follow Him; but if Baal is God, follow him." (1 Kings 18:21)

On Mount Carmel, Elijah repairs the broken altar, reminds Israel who they are, and prays a simple prayer of alignment and obedience.

Then the fire of the Lord falls. The people declare, "The Lord—He is God!"

But the story doesn't end in triumph.

In 1 Kings 19, after Jezebel threatens his life, Elijah runs in fear. The bold prophet collapses emotionally under a broom tree and asks God to take his life. Instead of rebuke, God gives him food, rest, and

presence. On Mount Horeb, God does not appear in wind, earthquake, or fire – but in a gentle whisper.

Mount Carmel reveals the power of God.

Mount Horeb reveals the tenderness of God.

Same God – different moment.

Elijah was human (James 5:17). He had victory and vulnerability. And the lingering question for us remains:

How long will you waver?

Discussion Questions

1. Why do you think Israel stayed silent when Elijah asked, “How long will you waver?” (1 Kings 18:21)?

Leader Prompt:

Silence often reveals internal conflict. Fear? Confusion? Cultural pressure?

Where does silence show up in our own obedience?

2. The drought was actually a predicted consequence (Deuteronomy 11:16-17).

Be careful, or you will be enticed to turn away and worship other gods and bow down to them. 17 Then the Lord’s anger will burn against you, and he will shut up the heavens so that it will not rain and the ground will yield no produce, and you will soon perish from the good land the Lord is giving you.

How do we discern the difference between random hardship and the consequences of our own choices?

Leader Prompt:

This is not about shame. It’s about ownership.

Are there areas where we’ve been “praying for rain while still building altars to Baal”?

3. Elijah repaired the altar before calling down fire (1 Kings 18:30-32).

Then Elijah said to all the people, "Come here to me." They came to him, and he repaired the altar of the Lord, which had been torn down. ³¹ Elijah took twelve stones, one for each of the tribes descended from Jacob, to whom the word of the Lord had come, saying, "Your name shall be Israel." ³² With the stones he built an altar in the name of the Lord, and he dug a trench around it large enough to hold two seahs of seed.

What does it mean for us to "repair the altar" in our own lives?

Leader Prompt:

Is there a neglected spiritual discipline?

A broken identity?

A forgotten reminder of who you are in Christ?

Before power comes, identity must be restored.

4. Compare the prayers on Mount Carmel (18:36-37) and under the broom tree (19:4).

1 Kings 18:36-37

At the time of sacrifice, the prophet Elijah stepped forward and prayed: "Lord, the God of Abraham, Isaac and Israel, let it be known today that you are God in Israel and that I am your servant and have done all these things at your command. 37 Answer me, Lord, answer me, so these people will know that you, Lord, are God, and that you are turning their hearts back again."

1 Kings 19:4

"while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."

What do these two prayers reveal about Elijah – and about us?

Leader Prompt:

One prayer is bold and public.
 The other is exhausted and private.
 Which one feels more familiar right now?

5. Why do you think God chose to reveal Himself in a whisper at Horeb instead of repeating the fire display?**Leader Prompt:**

Sometimes we want spectacle.
 But what if what we really need is presence?
 Where in your life right now do you need fire?
 Where do you need whisper?

6. Where are you most tempted to “waver” today?

One foot in God’s kingdom...
 One foot in security, reputation, comfort, control?

Leader Prompt:

Wavering isn’t always rebellion – sometimes it’s fear.
 But indecision is still a decision.

4 Closing Challenge (Read Aloud)

Elijah stood alone on Mount Carmel and chose not to waver.
 Later, he collapsed on Mount Horeb – and God met him there too.
 You may not be calling fire down from heaven this week.
 But you are choosing every day who you will trust.
 Choose not because you are strong.
 Choose because He is God.
 He is the God of fire.
 He is the God of whisper.
 He has never wavered in His commitment to you.
 This week, repair the altar.
 Return to remembrance.
 Surrender again.
 And stop wavering.
 The Lord – He is God.