



the transition home: remember and refocus

Phew... you made it... you are home! In many ways, this is the day you have been counting down to since that first night at Training Camp (or at least that first awful, LOUD, and shocking morning). But in some ways, you may have been dreading this moment as well. As good as it is to see the familiar faces of your family and friends, to get a hot-long-as-you-want-all-by-yourself shower, to sleep in your own bed, and to return to your favorite comfort foods, the transition home also comes with its own set of discomforts. You may feel a bit lonely for your team (heck, you'd even take a glimpse of that hardest-to-love person). You may look around at the lay of the land and wonder where God is working, or how you might recognize Him (or if He is even there??). You might feel like you don't have what it takes to keep up with all the growth and changes that God was stirring up in you over the summer now that you are back home.

Transition is never easy. Your transition home is no different. But that is what these quiet times are all about. The practice of keeping a regular quiet time can actually help you through this transition home, providing a sense of consistency in your relationship with God. We have specifically themed these quiet times around some of the very difficulties alumni like yourselves have faced as they returned home.

read

1 Kings 19:1-9 (sneak a quick peek at chapter 18:16-45 for some helpful context)

in addition...

Watch the Bible Project Video: 1-2 Kings <https://thebibleproject.com/explore/1-2-kings/>

reflect & journal

1. What event is Elijah just coming from (1 Kings 18:16-45) and what are the things he is feeling in his current state (1 Kings 19:1-9)? How is this state of transition for Elijah similar to your own?
2. How does God answer Elijah's state of being? What does this say about the importance of taking care of our physical needs? How do physical needs impact how Elijah responded spiritually?
3. How do you think God might be wanting to answer your state of being right now? What physical needs are you experiencing right now that may be impacting the way you are feeling spiritually?
4. What was it that Elijah needed to look back and remember about God? About himself? About what God was calling him to do? How do you think remembering and refocusing on those things would have helped him? (Go ahead and read 1 Kings 19:10-21, but also know we'll be coming back to this story in the weeks ahead.)
5. What are the things God wants you to look back on your summer and remember? About Him? About you? About the things He is calling you to?

pray

- List out the ways God may be providing for your needs right now.
- Ask God to help you remember and refocus as you continue to walk through the next few days and weeks of transition home.