



WEEK 2 // CREATE SPACE
DANNY ANDERSON

Control your feelings or your feelings will control you.

Create _____ space _____.

Elijah was **afraid** and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the **wilderness**, traveling all day. He sat down under a solitary broom tree and prayed that he might die.

“I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.”

1 Kings 19:3-4

“All of humanity’s problems stem from man’s inability to sit quietly in a room alone.” — Blaise Pascal

1. The space helps us to _____ recover _____.

Then he lay down and **slept** under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and **eat!**” He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he **ate** and **drank** and **lay down** again. 1 Kings 19:5-6

“As we approach twenty or so hours without sleep, we are as cognitively impaired as a drunk person. Our brains respond more slowly and our judgment is significantly impaired.”

— Ryan Holiday

2. The space helps you to _____ think _____.

“Muddy water becomes clear if you only let it be still for a while.”
— Dallas Willard

But the Lord said to him, “What are you doing here, Elijah?”
1 Kings 19:9

3. The space helps you to hear _____ God _____ speak _____.

And after the fire there was the sound of a **gentle whisper**. When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.
1 Kings 19:12-13

But despite Jesus’ instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. But Jesus **often withdrew** to the wilderness for prayer. Luke 5:15-16

The Prayer of Examen by St. Ignatius:

1. Invite the Holy Spirit’s guidance.

2. Review the day in thanksgiving.

3. Notice the feelings that surface.

4. Pray through these feelings.

5. Look forward to tomorrow in hope.

When are you going to create space this week?

To further explore and apply this message with your small group, visit eclife.org/groups to access this week’s group discussion questions.

EVENTS & OPPORTUNITIES

Full list of events and registration is available at eclife.org’s EVENTS page

Outreach Opportunity

Would you like to show appreciation for the service of our police officers in the community? You can help provide a birthday bag for an officer this month. Emmanuel Church will provide the bags and list of items (about \$30 value) and will help deliver them each month. Pick a month you’d like to help and email Breanne Schafer, Outreach Assistant Director at bschafer@eclife.org.

The 1824

Join us for an environment created specifically for young adults: 18* to 24 years old. Each month, we gather for worship, teaching, and a chance to chat with others facing similar unique life experiences.

When: Thursday, March 19, 7:00pm

Where: Greenwood Campus Fieldhouse

*18-year-old attendees must be graduated seniors.

Baptism

Registration is open for our next Baptism services. Baptism is a public acknowledgment of our faith in Jesus Christ, as well as declaration of our intent to follow him in every area of our lives. If you have never been baptized after coming to Christ, this may be your next step!

When: April 11 & 12

Registration Deadline: April 1

Registration is required.

Mission Trip Opportunities

Emmanuel Church partners with mission organizations in Africa, Colombia, Haiti, and Nicaragua. Each area provides an opportunity to join a team to help with needed projects and share the love of Jesus through mission trips. Visit eclife.org/global-partners for more information on our upcoming 2020 mission trip opportunities.