

GCFSM SUNDAY BULLETIN

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SERMON OUTLINE

#4 REAL TALK: I AM NOT OKAY

1 KINGS 19:1-21 | REV. LITO VILLORIA

There are seasons when we are not okay. Even the most faithful servants of God face moments of despair, burnout and emotional collapse. The church must be a safe place where people can say, "I'm not okay," without shame or fear of being judged. Elijah's story in 1 Kings 19 affirms that not being okay is part of our discipleship journey. Right after a miraculous triumph on Mount Carmel, Elijah fled for his life. His journey from fear to renewal invites us to take a deeper look at how God meets us in our brokenness.

Elijah fled after Jezebel threatened his life. Despite witnessing God's power, he felt afraid, isolated and done. He left his servant and wandered into the wilderness. Under a broom tree, he prayed that God would take his life. This was the reality

of emotional exhaustion and spiritual fatigue. (1 Kings 19:1-4)

Instead of rebuking him, God sent an angel with food and water—not once, but twice. Elijah was given time to rest, recover and gather strength for a forty-day journey to Mount Horeb. God's care was holistic, meeting Elijah's physical and spiritual needs without haste or condemnation. (1 Kings 19:5-8)

At Horeb, Elijah entered a cave and expressed his deep lament. God gently asked, "What are you doing here, Elijah?" His response was honest but limited—he believed he was all alone. God listened, but He also prepared Elijah to receive deeper truths. (1 Kings 19:9-10)

Before responding, God revealed Himself—not in the

wind, earthquake, nor fire, but in a gentle whisper. Elijah wrapped his face in reverence. Here, Elijah learned that divine power often appears not in the spectacular but in the stillness. (1 Kings 19:11-14)

God then recommissioned Elijah to anoint Hazael, Jehu and Elisha. He assured him that 7,000 had remained faithful: Elijah was not alone. God's mission continued, and Elijah still had a role to play. Recharged, he moved forward in obedience. (1 Kings 19:15-21)

In this sermon, we learn that God meets us in our despair—not to condemn, but to restore. He gives us rest, reshapes our vision, and renews our calling. When you're not okay, trust that God is near—and He is not done with you yet. ✨

KLASP TOGETHER IN OUR GROWTH GROUPS

TEACHER CAROL FELIPE

The Growth Group is the venue by which we make multiplying disciples. It brings church life down to a smaller, more personal level. This is where we build and nourish our relationships with one another. It is where we grow in life and character, where we serve and do ministry together. In the Growth Group, we live out the call: "Each One, Disciple One!"

GCF South Metro is a church of small groups—committed to growing in our walk with Jesus and doing His work wherever He places us. As the microcosm of the church, every Growth Group is committed to carrying out the basic functions of the church: **Evangelizing, Exalting, Enlisting, Equipping, Edifying and Engaging**. And as a small church, we grow together in **KLASP**.

KLASP is about...

Knowing Jesus—it means having Him as our Savior and Lord. It begins by believing in the finished work of Jesus Christ on the cross. Knowing Jesus also means growing in our knowledge of God through His Word and coming to Him in prayer. **Knowing Jesus is the purpose of every disciple**—more deeply, everyday.

Loving Jesus—it means obeying Him daily. As believers, we are in a love relationship with the Lord. Just as God commanded Israel to love Him with all their heart, soul, mind, and strength, He calls us to the same. Loving God is not a feeling—it's a decision to worship, obey and trust Him. And loving God also means loving others. **Loving Jesus is the priority of every disciple.**

Abiding in Jesus—it means remaining in Him every day. It's about depending on Him in all things, at all times. The Holy Spirit enables us to abide—guiding, teaching, empowering, and even convicting us of sin. As we grow in knowing and loving the Lord, **abiding in Jesus is the posture of every disciple.**

Serving Jesus—it is doing what He has asked us to do. Disciples are called to serve the Lord in any capacity for His glory. As He transforms us to be more like Him, He equips us with spiritual gifts to serve one another. **Serving Jesus is the participation of every disciple** in God's kingdom and purposes—both in the church and in the world.

Proclaiming Jesus—it is the passion of every disciple. We are witnesses to His love and goodness. As such, we faithfully declare who He is, what He has done, and what He calls us to

be. Disciples of Christ proclaim His love, grace, and truth—so that others, too, may know Him. **Proclaiming Jesus is the passion of every disciple. "Each One, Disciple One" comes to life through KLASP.** As we **Know Jesus** personally, **Love Him** fully, **Abide in Him** daily, **Serve Him** faithfully, and **Proclaim Him** boldly, we are not only growing as disciples, we're also equipped to help others grow. KLASP provides the foundation and direction for disciple-making. When each believer embraces these core practices, they are empowered to walk alongside someone else in their spiritual journey. That's the heart of "Each One, Disciple One"—every follower of Jesus helping another follow Him more closely. Through KLASP, we multiply disciples who live and love like Jesus.

Our KLASP material is now available for use! Familiarize yourself with it, whether on your own or together with your Growth Group. As you share the gospel and walk alongside others in their spiritual journey, this material will help your disciple grow in faith. **Learn it well, so you can use it to disciple another.**

Let us KLASP Jesus together for the glory of God! ✨

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