

GROUP DISCUSSION GUIDE

November 2, 2025

SPIN CYCLE

False Beliefs

1 Kings 19

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NOTES

Looking back at your notes from this week's message, was there anything you heard for the first time, stuck with you, challenged or confused you?

What is the one important thing you will take away from this weekend's message or our community group discussion? Is there any challenge, difficulty or praise that you would like to share with the group for prayer?

Pastor Chris reminded us about the ways that our long-held, but false, beliefs about God, ourselves, and others will drive the way we live our lives – and how those inaccurate beliefs can impact our ability to grasp what is truly real about our situations.

MY STORY

What was a strong personal belief that you once held, but no longer embrace?

WHAT DOES GOD WANT US TO HEAR?

Elijah went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers." And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, "Arise and eat." And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. And the angel of the Lord came again a second time and touched him and said, "Arise and eat, for the journey is too great for you."

(1 Kings 19:4-7)

List all the false beliefs about himself that Elijah thought were absolutely true.

What did God say to correct those false beliefs?

What was Elijah instructed to do by God, once he had grasped what was factually true about his situation?

What does God want us to hear? What are some of the more factual "takeaways" from this passage for you?



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WHAT DOES GOD WANT US TO DO?

Steve Cuss said this about false beliefs ...

“Anxiety is not based on truth. It’s based on assumptions – false expectations, false needs, and false beliefs.”

According to Pastor Chris, how does true belief involve knowing *and* trusting, and then, intellectual assent *and* action? What happens when you don’t keep these pairs together?

How can false beliefs about God, yourself, and others lead to bad decisions and tension in your close relationships?

What are some core personal beliefs about God, yourself, or others that might be worth reexamining?

What would it take for you to say ... *“This particular long-held belief about God, myself, or others, is clearly inaccurate”* ?

What does God want us to do? Flowing out of our reading and interpretation, what action does this passage or the Spirit’s leading, call us to?

WHAT DOES GOD WANT ME TO DO?

What do I know with my head, but don’t really believe in my heart?

Notice and name a few long-held, false, personal beliefs that came to the surface as you wrestled with the big ideas in Pastor Chris’ message.

Tell someone you trust, someone who knows you well, how close you are with these conclusions.

Release your false beliefs about yourself to God, yourself, or others, acknowledging to the Holy Spirit that perhaps you’ve been holding on to these for unhealthy reasons.

For each false belief, define what is really true, based on what Jesus taught us.

What does God want ME to do? What is the personal application and action step God is calling you, personally, toward?