



- Burnout -

ICE-BREAKER:

- What types of things tend to get you down the most? Why?

DISCUSSION:

1. Read 1 Kings 19:1-3.

- What types of fears have a grip on your life?

2. Read 1 Kings 19:3-5

- Immediately following a great victory, Elijah was burned out. This passage illustrates four common contributors to burnout... 1) Elijah wore himself out. 2) Elijah shut people out. 3) Elijah focused on the negative. 4) Elijah forgot the faithfulness of God. Of these four, which one is the most common challenge in your life?

3. Read 1 Kings 19:5-8

- In what areas of your life are you exhausted?
- The most spiritual thing we can do is rest. Why is it so hard for most of us to rest? What are some things you can do to have more rest in your life?

4. Read 1 Kings 19:9-10

- Elijah honestly believed he was the only faithful one left. God replaced this lie with the truth that there were actually 7,000 others who were still faithful. Can you name a similar lie that you believed to be true? How did God reveal His truth to you?

5. Read 1 Kings 19:11-12

- God spoke to Elijah with a gentle whisper. Describe a time when God spoke to you with a gentle whisper. What did He say to you?

6. Read 1 Kings 19:15-16

- God encouraged Elijah to eat and rest, to believe truth instead of lies, to listen to His voice and to get back to doing what prophets do. At this season in your life, which of these areas resonate with you most? Why?

APPLICATION:

- Even if your greatest fear or “what if” occurs in your life, God will be there for you to help rise above it. Pray for those in your group or others you know who are struggling with burnout, as well as those who are struggling with fears and exhaustion. Ask that God will work in them to remove these feelings from their life just as He did Elijah.