

GO DEEPER

use these questions for further study

Use the following questions below for individual or group study. Begin in prayer, inviting the Spirit to speak during this time.

Share with the group: Think back over the message and the whole sermon series, what has most stood out to you? What challenged you? What encouraged you? Where has God met you in these past weeks?

Read 1Kings 18:17 - 19:4

What stands out to you in this story? What questions does it raise?

How do you think Elijah may have felt in the lead up to the contest on Carmel?

What about during and immediately after the contest?

When does Elijah's emotional state begin to change? And why?

What is the relationship between Elijah's victory and his burnout?

What do you find relatable about this story?

Pastor Adam talked about the mistakes of: Running Ourselves Ragged; Going It Alone; and Dwelling on the Negative. Where do you see these in the story?

Do you tend towards one of these when you are under stress?

Read 1Kings 19:5-18

How does God restore Elijah heart, soul, mind, strength?

Why is it important not to neglect our physical needs?

Elijah already knew all about God, why does he need to experience His presence?

Live It!

When we're stressed and facing burnout, how can we take practical steps to care for our bodies and bodily needs in God-honoring ways?

How do we enter the presence of God? What does it mean to Abide in Him?

What disciplines or practices can help us?

Close by praying 1 Thessalonians 5:23-24 together.

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