

Group Leader Guide & Discussion Questions

“Elijah” – Burnout

August 24-25, 2019

Group Creed

We come together as a Group with the goal of Spiritual Formation; encouraging one another to become the same kind of person that Jesus is, so that we can live out every part of our lives inside of His Kingdom.

// Message Summary

The campus pastors are continuing our current series, **Burnout**, teaching on a story from the life of the prophet, Elijah, from **1 Kings 18-19**. When Elijah experiences burnout after a crazy, hectic season of life, God teaches him about rest, physical self-care, and how that helps in connecting with Him.

// Biblical Context

Chronology

Elijah lived and prophesied during the reign of Ahab, who was the king of the northern kingdom of Israel from c. 871 - c. 852 BC, about 100 years after the death of King David.

1 Kings 19:9-11

Storms, earthquakes, and fires were common ways for ancient people to portray the actions of their gods. These were usually used to portray power, destruction, and chaos. Yahweh is also shown utilizing

these (as he did in the previous chapter by sending fire from heaven to consume the altar). However, His goal in this instance is to show Elijah that He can be found in the quiet as well. In fact, this is the best place to hear from God regarding what His plans are. The “gentle whisper” in verse twelve is not describing how God speaks, but instead is describes the resonating silence that comes after the destruction and chaos. This is when God chooses to reveal His plans, as He does with Elijah.



A broom tree in Israel (1 Kings 19:5)

// Discussion Questions

1. Is there a certain place you feel like you can experience God better than others?
2. Do you ever intentionally slow your life down and take the time to hear from God?
3. The story of Elijah teaches us that only sustenance from the Lord can fuel us on our otherwise impossible journeys and missions. What are some ways, both physically and spiritually, that you can allow God to sustain you in preparation for tiring times?
4. What is one practice or discipline you can experiment with this week in an attempt to hear from God better and receive His sustenance?

// References

The IVP Bible Background Commentary (OT)