

BURNOUT & RENEWAL

with *Jeremy Pate*

LESSON 4 ELIJAH'S RENEWAL **PART 1: THE IMMEDIATE (1 KINGS 19:5-14)**

1. Are/were you surprised at all by God's response to Elijah's burnout in this lesson? If so, explain why.
2. How have you responded to burnout in the lives of others? Has your response shown the same love, concern, patience, etc. as God showed Elijah? Share your experiences.
3. What are some practical ways that you can be a better "messenger" of God for those who are experiencing burnout?
4. How do you see God, especially when you are discouraged/burned out? Why do you think you see Him in this way?
5. Why do you think "rest" is such a crucial part of our renewal? Are you a "restful" person? Is there a difference between "restful" and "lazy?" Explain.
6. Have you sought renewal from sources other than God? If so, why, and what has been the result?
7. What other lessons/applications can you think of from today's lesson?
8. In what ways does Elijah's experience (as seen in this lesson) give you perspective? Discuss and explain.