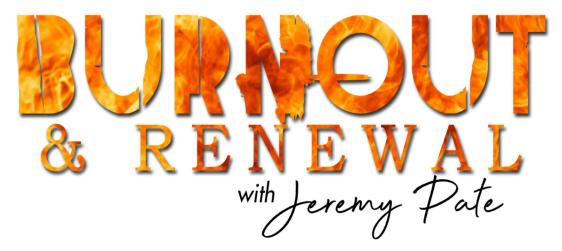
DISCUSSION/STUDY GUIDE



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.