

BURNOUT & RENEWAL

with *Jeremy Pate*

LESSON 5 ELIJAH'S RENEWAL

PART 2: THE ONGOING (1 KINGS 19:14-2 KINGS 2)

1. Why do you think God's "immediate" response to Elijah's burnout didn't seem to "work"?
2. Are you the kind of person who is easily renewed, or—like Elijah—do you require a more "ongoing" plan for renewal? Discuss this, explaining your answer.
3. In what ways has God given you time to think, process, and meditate on your life during the past few weeks? Has this time been part of His ongoing plan to renew you to complete service to Him?
4. Do you have an "Elisha"? Is there someone in your life who has helped renew you when you were burned out? Make sure to thank God for that person, and let them know how God has used them in your life!
5. Is there someone in your life who would probably be **willing** to help you on your path towards renewal? Have you asked that person for help? If not, why not?
6. Is there someone in your life you are afraid of? Are you avoiding someone who has caused you pain? If/when God brings you back into that situation, are you prepared to follow His lead?
7. How much of our burnout could be "fixed" with a daily reminder of our eternal hope? If we remembered that we are going to experience a "rescue" similar to Elijah's, would that give us valuable perspective?
8. Spend some time today thinking about heaven. Spend some time reminding yourself just how much God loves you. Spend some time reflecting on how God has been renewing you, and give Him praise and glory for it!