

SAINTS & STRUGGLES

P E R M I S S I O N T O B E H O N E S T



WEEK 4 | GROUP DISCUSSION QUESTIONS

CONNECT

- As a kid, what was your biggest fear (the dark, monster under your bed, clowns, etc...)?

CONSIDER

- What encouraged or challenged you from the sermon and/or daily devotions this week?

CHRIST

Read 1 Kings 19:1-13 as a group.

- Here is a recap of events just prior to 1 Kings 19. Elijah has just defeated the prophets of Baal at Mt. Carmel. The Israel people are praising and worshipping God. Elijah prayed for rain in a time of famine and the skies opened. Finally, he outran a chariot on foot in an amazing feat of strength. Despite all he's seen God do, when Jezebel threatens Elijah's life he runs away in fear. **Have you ever been overwhelmed by fear? What is it about fear that gives us tunnel vision? How can fear sometimes lead us towards exhaustion?**
- In v. 3-5, you see a picture of an exhausted and burned out Elijah. Wearing ourselves out is one of the most common factors that lead to depression. In the book *Didn't See It Coming*, Carey Nieuwhof talks about 11 signs of burnout (listed below). If you experience 1-2, you are likely not burned out. If you relate to 6-8, you may be in a low grade season of burnout. If all 11 resonate, you are in the process of burning out. **Take a moment and read through the list below. Which resonate with you? Why?**
 1. Your passion fades
 2. You no longer feel the highs or lows
 3. Little things make you disproportionately emotional
 4. Everybody drains you
 5. You're becoming cynical
 6. Nothing satisfies you
 7. You can't think straight
 8. Your productivity is dropping
 9. You're self medicating
 10. You don't laugh anymore
 11. Sleep and time off no longer refuel you

- Burnout that leads to depression seems to be a growing epidemic. **Why do you think burnout is such a common experience for so many people today?**
- Take another look at the story of Elijah through the lense of the 11 burnout signs. **Which do you see present? Are there elements of Elijah’s story that you can identify with? How so?**
- Continuing on in *Didn’t See it Coming*, Carey Nieuwhof suggests 10 factors to help recover from and/or avoid burnout. **Take a moment and read through the list below. Have you or someone close to you ever been in a period of burnout? How do you think these factors would help?**
 1. Tell someone
 2. Develop a circle friends around you
 3. Keep leaning into God
 4. Rest
 5. Find something to take your attention away from your pain
 6. Do what you can
 7. Don’t make any big decisions
 8. Grieve your losses
 9. Reopen your heart
 10. Live today in a way that will help you thrive tomorrow
- Sometimes, the most spiritual thing we can do is rest. That is exactly what God helps Elijah do in 1 Kings 19:5-8. **While that sounds so easy, why is it so hard for most of us to rest? What are some things you can do to have more rest in your life?**
- Elijah honestly believed the lie that he was completely alone (1 Kings 19:10). In the midst of burnout and depression, it is very easy to believe lies about ourselves. Just like Elijah, God wants to replace these lies with His truth. **How has God replaced lies with truth in your life? Share an example.**
- God spoke to Elijah with a gentle whisper (1 Kings 19:11-12). One scholar defines this as sheer silence laden with a sense of holiness. **With that definition in mind, what is it about silence that helps us hear God more clearly? Have you ever experienced a moment when you felt God speak to you with a gentle whisper?**
- **Based on what we have learned and discussed, what is one next step you can take to recover or avoid burnout? How can our group support and pray for you?**

CALLING

- If we can learn anything from Elijah, it is that nothing good happens in isolation. Reflect back over the signs of burnout. If you are experiencing several of the signs, tell a spouse, trusted friend, pastor, or counselor. The way through burnout is through community.
- **Daily Devotions:** Spend 15 minutes each day with Northside devotions. Text DEVO to 81212 or use the Study tab in Northside’s mobile app for Daily Devotions.
- **Memorize:** “After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper” - **1 Kings 19:12 (NIV)**
- **Further Study:** Read *Didn’t See It Coming* by Carey Nieuwhof.