

# 1 Kings

## Big Idea

**It's a human thing to sometimes run on empty, but we don't have to stay there.**

**Scripture:** 1 Kings 18:1-19:18; Lamentations 3:19-24

## Discussion Questions

**What has challenged you, changed you or confused you from this week's sermon or the book of 1 Kings?**

**Can you describe a time when you were running on empty? Does that describe you now?**

**Which of the three main points (*rest, release my frustration, and remember & refocus on God*) is easiest for you? Which is most challenging?**

**Which do you need most right now? How might God be providing that for you?**

**Read Lamentations 3:19-24. How do you balance honesty about the hard things in life while still trusting the Lord?**

**What do you need to think, believe, or do in order to live out the rest, release, remember & refocus God might be calling you to today?**