

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?