



I Guess I Feel Like: Part 2 10.11.26

5 Things to Remember When You're Running on Empty:

Key Scriptures: 1 Kings 18:45-46, 1 Kings 19:1-7,10,18

In 1 Kings 17 & 18 Elijah saw God do amazing things and provide for him in supernatural ways. Elijah had great success.

In 1 Kings 19 Elijah finds himself depleted.

Main thought:

Action ➡ Attitude ➡ Emotion ➡ Thought

Discussion Questions:

1. What are some emotions you feel or ways your body communicates to you when you're depleted? Do you find yourself pushing through or pausing to stop and listen to your body. Why?
2. Pastor Adam said, "You can be doing things the right way and that can lead you to being depleted and on empty." Share about a time in your life you experienced this. Did you find yourself evaluating your capacity or blaming the situation?
3. Why is it challenging to admit to ourselves we've reached our capacity?
4. Pastor Adam was talking about recognizing the days and times you're depleted. What day takes the most out of you?

How does this impact your workday and home life? What emotions happen on the other side of that

5. One of the points in the message was “Don’t isolate myself.” Based 1 Kings 3-4a. Who do you reach out to when you’re feeling isolated? Why?
6. Someone in the group read 1 Kings 19:5-7. God brings provision not condemnation. Elijah knew what his next faithful action steps to take were and he did. What do these verses personally speak to you?
7. Pastor Adam said, “Here’s the challenge with our emotions, when they’re negative, we can’t think or feel our way out of them. We need to take action steps to get out of them.” What’s the next faith action step in front of you today? When you think of taking that step how do you feel?
8. The final point in the message was “Experiencing God’s power yesterday doesn’t eliminate my need for God’s presence today.” Keep the childlike faith of being desperate for God. Share about a time you were desperate for God. What did you learn and experience about God?
9. What is something you heard in the message that was challenging for you?
10. How will you put into action this week what you learned from the message? What will this look like when you’re at home, with family/friends or at work/school?

