

RUNNING ON EMPTY – Week 2 Small Group Guide

“I’ve Had Enough”

1 Kings 18-19

Opening Icebreakers

1. When life gets hard, do you tend to talk about it with others or keep it to yourself?
2. Have you ever gone from a “mountaintop moment” to a low point quickly? What did that feel like?

Digging Into Scripture

3. Read 1 Kings 19:1–4. What surprises you most about Elijah’s reaction after such a huge victory?
4. Why do you think Elijah runs instead of standing firm after seeing God move powerfully?
5. In verse 4, Elijah says, “I’ve had enough.” What does that reveal about his condition?
6. Read verses 5–8. How does God respond to Elijah in his lowest moment?
7. Read verses 11–13. Why does God speak in a whisper instead of dramatic ways?

Personal Reflection & Application

8. Which part of Elijah’s story do you relate to most right now?
9. Have you believed the lie, “I’m the only one”?
10. Where are you expecting God to show up differently than He has?
11. Are you missing God because you’re only looking for big moments?
12. What are signs you might be running on empty?

Living It Out

13. What is one way you need to rest this week?
14. Who do you need to open up to?
15. How will you listen for God this week?
16. What is one burden you will stop carrying alone?

Prayer Time

- Be honest about where you feel overwhelmed.
- Ask God to help you recognize His presence.
- Pray for courage to step into community.