

RUNNING ON EMPTY – Week 3 Small Group Guide

“Running Again”

Isaiah 40:28-31

Opening Icebreakers

1. Have you ever hit a point where you felt completely drained? What was going on?
2. When you're exhausted, do you tend to push through or slow down? Why?

Digging Into Scripture

3. Read Isaiah 40:28-31. What truths about God does Isaiah remind the people of?
4. Why do you think people can know truth about God but stop living like it's true?
5. According to verse 29, who does God give strength to?
6. Why does Isaiah compare God to strong young people?
7. What does it mean to “hope in the Lord”?
8. What does it look like to exchange your strength for God's strength?

Personal Reflection & Application

9. Where are you relying on your own strength instead of God's?
10. What are you currently trying to carry on your own?
11. Have you been more focused on your situation or on who God is?
12. What would trusting God more actually look like this week?

Living It Out

13. What is one area where you need to stop striving and start trusting?
14. What is one daily habit that could help you depend on God more?
15. Who can you be honest with about where you feel empty?
16. Where is God inviting you to depend on Him more?

Prayer Time

- Thank God that He never runs out of strength.
- Be honest about where you feel exhausted.
- Ask God to help you trust Him instead of relying on yourself.
- Pray for strength that comes from Him.