

Pre-Groupie Time

Remind people to pray and update the journal.
Give praise reports and updates.
Follow up with your group midweek.

Icebreaker

If you could rid the world of one thing, what would it be and why?

Scripture

1 Kings 19:1-2 Why you mad?

1 Kings 19:9-13 Need a timeout?

Discussion

If there is a certainty in life, it isn't death and taxes: it is distraction.

- Take some time to write down your normal daily or weekly routine? (eg laundry, drive to work, etc.)

Elijah was a powerful, devoted prophet of God. His routine was to do what God said. That was it. Until...

- According to verses 1 & 2, why is Elijah running for his life?
- Death threats aren't normal, but have you ever had something prevent you from completing your routine?
 - Does it happen a lot?
 - When your "normal" is sidetracked, what happens to your energy and focus? How hard is it to get back on track?

At the end of his rope, filled with despair, Elijah's focus was hijacked by his circumstances.

- How did God, in verses 11, 12, & 13, demonstrate regaining his focus?
- If Elijah, who's focus was God, could be distracted, how easy is it for you when God isn't even on your routine list?

The place we should start is Jesus. Our "busy" gains handles when we focus on God.

- What are some ways you can add God to your priority list?
- How are you going to make Him take the top spot?
- How can we (the group) help keep you accountable on track?

Pre-Groupie Time

Read the scripture and discussion topics.
Pray for your meeting and group.
Be the first to smile!

Summary

There is so much pressure, anxiety, and stress around making sure you perform at your peak, especially when it comes to serving others like your family. But in order to care for others, you need to care for yourself.

Week 3

"Mom's Make the Family"

Brandy Knutson

We Are Family