

# RUNNING ON EMPTY

1 Kings 19:1-21

November 30, 2025 | Pastor Keith Krell



## SCRIPTURE READING

---

1 Kings 19:1-21; Psalm 34:18; 42:5; 103:13-14; Isaiah 40:29-31;

Lamentations 3:22-25; Matthew 11:28-30; Philippians 4:6-7; Romans 11:1-6

## STUDY QUESTIONS

---

1. How do you usually react when you're discouraged or exhausted (19:3-4)? How has God shown compassion toward you during times of discouragement (19:5-8)? What role does rest and renewal play in your spiritual health? Think of a time when God's provision surprised you. How did it help you move forward in your faith?
2. How often do you pause to reflect on your spiritual journey and where you're headed (19:9, 13)? How are you aligning your current path with God's calling for your life?
3. When have you felt isolated in your faith or ministry (19:10)? How can you avoid believing you're alone in your struggles or calling? Who are the people in your life that can encourage and remind you that you're not alone? How can you intentionally connect with others in the body of Christ?
4. How do you create space for quiet moments with God (19:12)? What are some practical ways to quiet your life and listen more attentively to His Word? How do you ensure you're following God's guidance and not your own emotions or the loud voices of the world?
5. How has God called you to move forward with His mission (19:15-21)? What would it look like for you to follow that call with obedience? How does God give you strength and clarity when you feel spiritually dry or defeated? How can you remain faithful in the small things even when the bigger picture is unclear?

## RECOMMENDED READING

---

D. Martyn Lloyd-Jones, *Spiritual Depression: Its Causes and Cure* (Eerdmans, 1965)

Richard Sibbes, *The Bruised Reed* (1630, now public domain)

John Woodhouse, *God of Word: The Word, the Spirit and How God Speaks to Us* (Matthias Media, 2015)

Jared C. Wilson, *Gospel Wakefulness* (Crossway, 2011)