



**Energy Pt. 2**  
*Drained*

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**LifeGroup Discussion Guide**  
*for the week of 1/21/2017*

**CONNECTION**

- [1] When you think about being “drained” what is the first thing that comes to mind? Please explain.

**OBSERVATION & INTERPRETATION**

- [2] We live in a culture that seems fast paced and relationally stressed to the point where many people feel disconnected, burned out and used up. How do you see people in our culture trying to cope when they become drained?
- [3] When taking communion (see 1 Corinthians 11:23-26) we are often encouraged to think about what Christ has done for us. How can being reminded of Christ’s victory help us to reenergize?



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### **APPLICATION**

[4] Pastor Rich pointed out that self-effort drains while grace energizes. What did he mean by this? How do you see this understanding impacting your own energy level?

[5] When we are hungry, angry, lonely, and tired we become vulnerable to burnout and depression. God ministered to Elijah's physical needs before He dealt with the way Elijah thought about his life, mission, and God's role in it (1 Kings 19:3-15). Share an example from your life if you can about a time when you were able to "hear God better" after your physical needs were met.

[6] Elijah seemed to forget or minimize God's presence in his life even after He did so many miraculous things in and through him. What makes it so easy for people to forget what God has done for them and slip into feelings of abandonment—that God doesn't care or has forgotten about them?

### **REFLECTION**

[7] Where do you need to reengage more fully: Being assignment focused, developing a rest ethic, or seeking help from God and others? What one step can you take this week to move yourself towards reenergizing?



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