



SMALL GROUP

LESSON

Small Group Guide: It Is Now Enough (1 Kings 19:1-4)

Summary: This message explores Elijah's burnout in 1 Kings 19:1-4, revealing how even faithful servants of God can reach their human limits. Pastor examines how prolonged stress, unprocessed trauma, and doing ministry "for God" instead of "with God" can lead to breaking points—and how God ministers to our whole person (body, soul, and spirit) to bring restoration.

Key Takeaways

1. **Assess Your Season** - We must recognize the cumulative impact of what we've been through, not just isolated events
2. **Recognize Human Limitations** - Even spiritual people have physical, mental, and emotional limits
3. **God Ministers to the Whole Person** - God told Elijah to eat, sleep, and exercise before addressing spiritual matters
4. **Processing Requires Stillness** - God speaks in a still, small voice that requires us to slow down
5. **Sustainable Rhythms Over Intensity** - God wants legacy and sustainability, not just passionate activity

Discussion Questions:

Part 1: Assessing Your Season

1. **Elijah experienced three years of intense spiritual warfare, famine, hiding, and ministry before his breaking point. What has your "season" looked like over the past year or two?**
 - What significant events, challenges, or stressors have you experienced?
 - Have you taken time to process these, or have you just kept moving?

The Breaking Point

2. **The sermon distinguished between doing things "for God" versus "with God."**

What's the difference? Can you identify areas where you might be doing things for God but not with Him?

Elijah's Processing Time

3. **When Elijah was overwhelmed, God's first response was rest, nourishment, movement, and quiet—not ministry, warfare, or performance.**

What keeps us trapped in cycles of chaos, instability, overexertion, and unhealthy striving instead of embracing healthy rhythms like eating well, sleeping, exercising, and quietly processing life with God?

4. **What keeps us from slowing down to truly process our lives with God in prayer?**

Why do we often choose to stay in our own thoughts, carry our burdens internally, and lean on our own understanding instead of making space to sit with God long enough to hear His voice and perspective about the season we're in?

The New Normal - Sustainable Living

Reflecting on the "eat, sleep, exercise, process" model:

- **Eat:** Are you nourishing your body well?
- **Sleep:** Are you getting quality rest?
- **Exercise:** Are you moving your body regularly?
- **Process:** Are you taking time to reflect and pray through what you're experiencing?

Prophetic Applications For The Week

1. Clear Your Schedule

- Minimize commitments where possible
- Say "no" to non-essentials
- Remember: focus on what's important, not just urgent

2. Digital Fast

- FAST from ALL social media for the week
- Limit phone use to necessary communication
- Create space for silence

3. Daily Practices

- **Morning:** Intentional time with God; write down what He speaks to you
- **Meals:** Eat healthy, nourishing food
- **Movement:** Take a daily walk (process while you walk)
- **Evening:** Reflect on the day; practice gratitude

4. Ask God This Question Spend time this week asking God: "What am I doing here? Why am I where I am?"

- Why am I burned out in this area?
- Why am I stressed about this?
- Why am I carrying this burden?
- What needs to shift?

