

Leadership Tip!

Have you found time to play this month? A great way for your group to bond is through sharing a meal together or hitting the beach! Connecting is easier when you know each other well.

SECOND WIND

“When you’ve lost your Spiritual Energy: ELISHA”

STARTER QUESTIONS:

What does it look like when you, “run out of steam?” What are some examples of things that make us feel this way (situations, people, etc...)?

“One day the group of prophets that Elisha was in charge of complained to him, ‘The place where we live is too small! Give us permission to go to the Jordan and cut down some trees, so we can build a place to live,’ ‘All right,’ Elisha answered... When they arrived at the Jordan, they began to work. As one of them was cutting down a tree, suddenly his iron ax head fell in the water. ‘What shall I do, sir?’ he exclaimed to Elisha. ‘It was a borrowed ax!’ ‘Where did it fall?’ Elisha asked. The man showed him the place, and Elisha cut off a stick, threw it in the water, and made the ax head float! ‘Take it out,’ he ordered, and the man reached down and picked it up!”

2 Kings 6:1-7 (GN)

MAIN IDEA:

This series is about the feeling of exhaustion and fatigue, much like a marathon runner might feel. Many runners feel a so called second wind; a renewed energy that allows them to push through the remainder of the race and cross the finish line. In the verse above, one of Elisha’s co-workers feels deflated after his axe fails. In all likelihood, the task of cutting trees was strenuous, sweaty... maybe even a little dangerous... labor. And it wasn’t even his axe! How do we, as Christ followers, find our second wind?

GET HONEST

If we were to break finding our second wind down into steps, a logical first step would be to admit our fatigue or disappointment.

“As one of them was cutting down a tree, suddenly his iron ax head fell in the water. What shall I do, sir?” he exclaimed to Elisha. ‘It was a borrowed ax!’” 2 Kings 6:5 (GN)

We all experience disappoint from time to time; troubled relationships, poor job evaluations or test scores, health challenges, social snubs. Sometimes when we get honest, a friend might tell us, “Oh well, just focus on the positive.”

Is this response honest? Is it helpful?

Is it acceptable to complain to God?

WHERE DID YOU LOSE IT?

When you misplace your car keys, your helpful friend often says, “where did you see them last?” [If I knew that they wouldn’t be lost!] In all seriousness though, the next step might be to examine why we are feeling spiritually winded.

“Where did it fall in?” Elisha asked. The man showed him the exact place...”

2 Kings 6:6a (GN)

This goes hand-in-hand with getting honest. Maybe we feel like we are always giving and never receiving. Maybe we are starting to resent the accomplishments of others. Maybe we are just physically tired.

What could cause you to feel spiritually winded?

Where did you lose it? What was it like when you felt spiritually strong?

EXPECT GOD TO HELP

Friends are essential to helping us through tough times, and God is the ultimate friend who never deserts us.

“He’s right there with you. He won’t let you down; he won’t leave you.”

Deut. 31:6 (MSG)

“If God is for us, who can be against us?”

Rom. 8:31 (ESV)

In the account of the lost axe head, Elisha turns to God for help;

“... so Elisha cut a stick and threw it into the water at that spot. The ax head floated to the top of the water.”

2 Kings 6:6b (CEV)

Are all of God’s miracles as spectacular as floating axe heads, water coming out of rocks, or the sun standing still?

DO YOUR PART

“Now get it,’ Elisha told him. And the prophet reached in and grabbed it.”

2 Kings 6:6b-7 (CEV)

God provides the miracle, big or small, but it is up to us to act on that miracle. In Exodus chapter 4, God turns Moses’ staff into a serpent. Pretty cool miracle, huh? But a few verses later God tells Moses to pick up the serpent by the tail. That must have taken some courage, to pick up a hissing snake by the tail, but the miracle was only half complete until Moses did his part.

It’s one thing to say we trust God, but what does it look like when we do our part?

How do we ‘prepare our minds for action’ (1 Peter 1:13) when waiting for God’s plans to unfold?

FINAL THOUGHTS:

Pouring our hearts out to God helps in recovery and renewal of spiritual energy. We also must be open to listening to God’s response. Keep in mind, sometimes God’s answer may be, “no,” especially when...

- **Our priorities are wrong**
- **Our motivation is wrong**
- **We are in the wrong ministry**

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“When you’ve lost your Spiritual Energy: ELISHA”
May 7, 2017

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2 Kings 6:1-7 (GN)

What do you do when you’ve lost your spiritual energy?

1. Get real honest about what’s going on.

“As one of them was cutting down a tree, suddenly his iron ax head fell in the water. What shall I do, sir?” he exclaimed to Elisha. ‘It was a borrowed ax!’” 2 Kings 6:5 (GN)

2. Figure out where you lost it.

“Where did it fall in?” Elisha asked. The man showed him the exact place...”
2 Kings 6:6a (GN)

3. Expect God to help

“... so Elisha cut a stick and threw it into the water at that spot. The ax head floated to the top of the water.” 2 Kings 6:6b (CEV)

4. Reach out and do your part.

“Now get it,’ Elisha told him. And the prophet reached in and grabbed it.”
2 Kings 6:6b-7 (CEV)