

**SCC Small Group Discussion**  
**Burnout – 1 Kings 19:1-15**  
Derived from a sermon on November 24, 2024 by Dr. Jeff Chandler

**Getting Started**

Can you share a time when you experienced a sense of burnout? How did you feel and respond to it?

What kinds of stresses and strains of life tend to deplete your tank?

**On your own read 1 Kings 18:16-45 and 19:1-15 to get the whole scope of what happened to Elijah.**

1. How do you think Elijah's encounter with the prophets of Baal affected his emotions? Have you ever had something exciting suddenly spiral into discouragement? If so, what was the cause?

**I. The Cause of Burnout (Searching the Scriptures)**

**Comparing** – When we experience a gap caused by comparing it leads to self-criticism. Elijah's victory at Mt. Carmel led to a threat on his life.

*... He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."*

1 Kings 19:4

2. What kinds of negative feedback loops in your mind have come from your own disappointments?

**Controlling** - Expending our efforts trying to control others and circumstances empties our tank like nothing else.

*He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death..."*  
1 Kings 19:10

3. Elijah convinced himself that the weight of the world rested on his shoulders. What kinds of things have you carried that turned out to be unnecessary burdens?

**Exaggerating** – Sometimes we don't have an accurate perception of reality

*"I am the only one left, and now they are trying to kill me too."* 1 Kings 19:10

4. Have you ever felt abandoned by God but then received assurance it wasn't true? Where did that encouragement come from?

## II. Recovering from Burnout (Applying the Scriptures)

**Rest your body** - We need rest and sleep when we are burned-out

*He lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat."* 1 Kings 19:5

5. Are you getting the Sabbath rest and refreshment you need? If not, what would help you slow down and nourish yourself?

**Release your frustrations** – In 1 Kings 19:9-10 the word of the LORD came to Elijah in a cave and he was able to voice the concerns about being the only one left.

*Cast all your cares on Him, because He cares for you.* 1 Peter 5:7

6. Are there any cares you want to give to God that this group can support you in?

**Refocus on God** - He never gave you the job as CEO of your life.

*The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by."* 1 Kings 19:11

7. In what ways can you welcome God's presence into your current situation?

**Serve others** - The more you give your life away, the more God blesses you.

*The LORD said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram."* 1 Kings 19:15

8. The quickest way to defeat depression is to take your eyes off yourself and start focusing on assisting others. What kind of new assignment might help you right now?

Get discussion questions at [www.sequimcommunitychurch.org/downloads](http://www.sequimcommunitychurch.org/downloads)