

## The Story I'll Tell – How do we burn on and not burn out

Welcome

**Start Talking:** Find a conversation starter for your group

*What is your favourite way to relax? What would your dream self-care day look like?*

*On Sunday we looked at the story of Elijah and saw his lack of self-care and God's prescription for him. Elijah chose to run to the desert/wilderness.*

*Do you enjoy camping? If not, why not? Do you have a funny camping story to share?*

**Start Exploring: Read 1 Kings 19: 1-4**

Elijah had performed many miracles and had seen God's power in seemingly impossible situations, yet look what happens when he is threatened by one woman.

*Why do you think Elijah responded to this threat in this way?*

*Why do you think Elijah wanted to quit?*

*In what ways can you relate to Elijah when he says "I have had enough?"*

*Elijah wore himself out, shut people out, focused on the negative and forgot the faithfulness of God. Of these four, which one is your most common challenge?*

**Read 1 Kings 19: 5-18**

Self-care is vital to our whole being.

There are four elements: physical, emotional, spiritual and relational.

*Which of these elements do you tend to forget when you are feeling overwhelmed?*

*How do physical hunger and fatigue affect you spiritually?*

*What are some practical things you can do to nurture these four parts of our being?*

Whether we call it a whisper, breeze or still small voice, God spoke to Elijah in the quiet rather than the noisy.

*How have you experienced God speaking to you in the "gentle whisper?"*

**Start Reflecting:**

Think of the four elements, physical, emotional, spiritual and relational, as tanks which need filling. Of the four energy tanks, which one do you need to pour into now?

What are you going to do to fill that tank? What is your next step?

**Start Praying:**

Spend some time praying for each other, specifically into them being refilled in the area they have named.