

**Welcome to the  
Common Ground Café!**



**Sunday, December 2, 2018**

**How to Rise from the Ashes of Burnout  
A Study of 1 Kings 19:1-18**

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We've all had unmet expectations. We've had an assumption about the quality of a car or what we hoped a vacation would be, and then reality didn't quite match up. Describe your experience with an unmet expectation.

The prophet Elijah fell into disillusionment when God didn't act the way Elijah expected him to act.

Look at 1 Kings 18:16-46 and summarize the event.

What could you point to in this event that would lead Elijah to assume a great revival was about to break out among his people?

Read 1 Kings 19:1-5.

What could you point to in these verses that would lead Elijah to assume a great revival was, in fact, not imminent?

What actions and attitudes do you see in Elijah in reaction to this bitter reality?

God can help you rise from the ashes of disappointment. Recovery requires attention to physical, spiritual, and emotional needs. God moved in Elijah's life in all three!

### **Physical Needs**

Read 1 Kings 19: 5-9.

How did God meet Elijah's physical needs?

Describe the connection of depression and inattention to basic physical needs. Does depression make us inattentive to our physical needs, or does inattention to our physical needs contribute to depression, or is it a vicious cycle?

Pastor Tom suggested that sometimes the most spiritual thing you can do is eat well and have a nap. How does paying attention to our physical needs help us spiritually?

### **Spiritual Needs**

Read 1 Kings 19: 8-14 and verse 18.

What three great natural forces did Elijah experience in verses 11-12?

Read Psalm 18:7-15. Identify the same three great natural forces in this Psalm that Elijah experienced in 1 Kings 19.

According to Psalm 18, then, Elijah had good reason to expect God to show up in the three great natural forces. According to 1 Kings 19:12-14, there was a fourth natural force in which God chose to meet Elijah. What natural force was that?

Elijah expected big and bold things from his ministry. His showdown with the Baal prophets in 1 Kings 18 was like the earthquake, loud wind, and roaring fire of 1 Kings 19:12-14. But according to 1 Kings 18:12, God also likes to work in the “gentle whisper.”

Read 1 Kings 18:18.

According to that verse, God was working in seven thousand people who quietly maintained their faith in God. How was that like the “quiet whisper” of 1 Kings 18:12?

Describe a time when God broadened your understanding of how he chooses to work.

## Emotional Needs

Read 1 Kings 19:13-17.

God gave Elijah a manageable task. What was it?

Do you think giving him a manageable task that was easily within his ability to accomplish was God's way of restoring his confidence and getting him back in the game? Explain.

How have you been strengthened by a reasonable challenge, a small success, or a new focus?

God also gave Elijah a new friend. Who was it?

What emotional needs are met through friendship?

## Conclusion

Which of the three areas do you most need God to work on in your life: the physical, the spiritual, or the emotional? Let the answers your group gives be the beginning of your prayer list today.



Close with praise reports and prayer requests