

Talk It Over

MISSING PEACE
Part 7
Beating Burnout

SMALL TALK

1. Have you ever experienced a period of extreme stress or burnout in your life? What were the circumstances, and how did you cope with it?

VIEWPOINT

2. **Read 1 Kings 19:1-4.** What were the events leading up to Elijah's experience of burnout? How did he react to Queen Jezebel's threat, and what can we learn from his initial response?
3. **Read 1 Kings 19:5-9.** Elijah received sustenance and guidance from God. What lessons can we draw from this about finding renewal and rest during times of stress or burnout?
4. **1 Kings 19:11-13.** What does Elijah's encounter with God reveal about God? How can we seek and recognize God's presence and guidance in challenging times?
5. **1 Kings 19:15-18.** How did God help Elijah? What changed?

GETTING PERSONAL

6. What are some practical ways you can seek rest and renewal, physically, mentally, and spiritually?

MAKING PROGRESS (THIS WEEK)

1. What are some steps you can take to rediscover or clarify your life's purpose, even during difficult times of stress or burnout?