

## Small Group Questions: God's Replenishment Plan

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### Read

1 Kings 19:4–18

### Reflect

In 1 Kings, Elijah is likely near the point of burnout after he served as God's instrument to defeat the 450 prophets of Baal and called down rain in a time of dryness (Note the irony that Baal was known to be their storm god). Due to Elijah's depleted state, he lets Jezebel's threats over the loss of her prophets get to him. Like Elijah, how might you be letting fear and anxiety take hold because you need refreshment in certain areas of your life?

Guest Pastor Dave Smith describes how we need God's replenishment when we're:

- Physically exhausted
- Emotionally depleted
- Spiritually intimidated
- Vocationally defeated
- Relationally isolated
  1. Where do you feel in most need of replenishment and why?
  2. In what ways did God replenish Elijah?
- Physical strength
  1. What small steps can you take to treat your body better...remembering that it's God's temple.
- Emotional health and spiritual intimacy
  2. How honest are you with God? What vulnerabilities are you trying to hide?
  3. In what ways are you setting aside time with God daily? How does it impact your day?
- Vocational fruitfulness
  4. What would you say God's purpose for your life is? Where might you be feeling a sense of futility and why?
- Relational connectivity
  5. When you are going through difficult times, analyze your response. Do you isolate yourself? What steps can you take to prevent yourself from isolating in the future?
  6. What advantages do we give to the enemy when we try to fight alone? Advantages of being banded together

**Respond:** Where is God leading you? How can your small group support you?