

## Small Group Questions

### It's Not Over/Beating the COVID Blues

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#### Read

1 Kings 18:46; 19:1–16; Isaiah 40:29–31; and Galatians 6:9

#### Reflect

Even the prophet, Elijah, after all his victories, miracles, and predictions come true, he still suffers anxiety, depression and fear when he learns Queen Jezebel wants to kill him. He runs into the wilderness and sits under a bush, ready to check out. What does it take to prevent burnout—especially if it can happen to someone like Elijah?

Pastor Greg helps us identify early signs of burnout:

1. Start putting yourself down mentally.
  - a. Have you found yourself thinking: I'm insignificant. What I'm doing doesn't count. It has no value? Try to catch these thoughts and remind yourself they are not from God.
  - b. What comparisons are you making?
  - c. In what ways might you be blaming yourself, taking responsibility without having the authority to make the changes?
2. Start overexaggerating your problems.
  - a. List five ways God has blessed you today. How are you underestimating these blessings?

#### What we can learn from Elijah about recovering from COVID blues:

1. Don't listen to everything you're tempted to believe when you're exhausted.
  - a. In what areas of your life do you tend to listen to your feelings rather than the facts?
2. Take time to care for yourself physically, spiritually, and emotionally.
  - a. How did God encourage Elijah? (1 Kings 19)
  - b. What are your ways to fill your emotional tank? Are you taking a Sabbath? Talking to somebody? Staying active?
3. Get a fresh awareness of God's power and presence in your life.
  - a. As Elijah made his way to the mountain of God, to Mt. Horeb, God gave him lots of reminders of his power. Are you looking for these reminders in your own life?
    - i. What spiritual disciplines, like reading the Bible, praying, and taking a Sabbath are you practicing?
    - ii. What new tasks has God given you?
    - iii. Are you trying to do these tasks alone? How open are you to building a team to complete these tasks together?

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