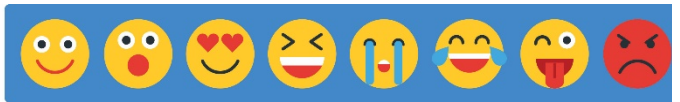


# MIXED EMOJIS



Week 4 – Running On Empty

BRBC Groups

February 23, 2020

## Scripture

Lamentations 3:19-24, 1 Kings 19:1-18

## Ice Breaker

1. Do you prefer to talk on the phone or send a text? What is your favourite emoji to use when you send a text?
2. What does rest look like to you? What is your favourite thing to do to rest?

## Going Deeper

1. Is there anything from Sunday's message that stood out to you, or would that you would like to talk about more?
2. Do you know anyone who struggles with depression or burnout? What have you learned about it from them?
3. Read 1 Kings 19:1-9.
4. What events happened just before this story? Why does Jezebel want Elijah dead?
5. Verse 3 says Elijah was afraid and ran for his life. Knowing what has happened up to this point, why do you think Elijah is afraid now? What do you think Elijah's emotions are at this point in the story?
6. What do you think about Elijah's prayer in verse 4? Why do you think Elijah prayed that he would die?
7. What might Elijah's prayer teach us about prayer?
8. What do you do when you feel like you have had enough? What could you do to help yourself when you feel like that?
9. Read 1 Kings 19:1-18.
10. The mountain that Elijah goes to is the same one Moses went to when he encountered the burning bush. How are their encounters with God similar? How do they differ?
11. God asks Elijah, "What are you doing here?" Why do you think that was the first thing God said to him?
12. With what tone does Elijah respond to God in verse 10? From Elijah's perspective, whose fault is it that he's in the situation he's in?
13. The words in Hebrew that get translated as a whisper in verse 12 might better be translated as the sound of silence. Why do you think God speaks to Elijah in silence rather than something loud like a harsh wind or an earthquake?
14. Do you ever feel like you've done everything you can, but you feel burnt out and exhausted? What might Elijah's encounter with God teach us about our own encounters with God?



15. Do you ever feel like you are pouring out your heart to God, but that He is not responding? What might Elijah's encounter teach us about this?
16. When was the last time you were really quiet? How long did it last for? If God speaks to us in the quiet, what might you try to do to be more attentive to what God has been saying to you?