



# groups | DISCUSSION GUIDE

Running on Empty

WARM UP

**Share about one of your favorite vacations.**

SET IT UP

There seems to be a rising sense of despair and hopelessness in our culture today. We all struggle at some point or another. Elijah struggled, Jesus struggled. What we do when we struggle determines whether we go deeper into God or grow distant. Let's talk about how to respond when life wears you down.

CHAT IT UP

1. **How do you get recharged when you are tired?**
2. **Read Matthew 11:28. How does Jesus describe his response to the weary and heavy laden?**
3. **Read Matthew 11:29-30. How does Jesus describe his “yoke” (expectations for his followers)?**
4. **How might Jesus’ description of the Christian life differ from your’s?**
5. **If turning to Jesus means we will find rest... what do people turn to instead? Why do we take so long to run to Jesus?**
6. **Mark highlighted three factors that led to Elijah’s discouragement: exhaustion, isolation, and disorientation (not thinking accurately). Which one do you have a tendency toward?**
7. **How can we pray for you in the coming week?**

WRAP IT UP

Our feelings do not define the truth. But unless we speak truth to our hearts our feelings will drive our lives. Make it a point to pray for each group member this week.

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## LEADER TIPS

This would be a great week to have your group write down prayer requests on a notecard. Then swap the cards and pray for each other this week.