



GROUP STUDY GUIDE

WEEK OF MAY 5, 2024 | STRESS, BURNOUT AND HOPE

WARM-UP QUESTION

How have you been more aware of the “weeds in your garden” over the last month? Have you been more intentional in sharing them with others? Why or why not?

DISCUSS

Start your discussion by sharing what stood out to you from Sunday’s message. Were there any new insights or key takeaways for you?

Read [Matthew 22:36-38](#)

- Why are the words heart, soul, and mind significant to Jesus’ message in this verse?
- What does this verse tell you about the relationship God wants us to have with Him? How does that align with your current relationship with Him?
- What does Jesus repeat in these verses? Why is that significant?
- Which is more natural for you: to love God with your heart, your soul, or your mind? Which one would you like to grow in? What spiritual disciplines would you need to increase in your life to grow in loving God this way?

Read [1 Kings 19:1-9](#)

- What do you know about 1 and 2 Kings? What do you already know about Elijah the prophet? If this book is for your group, or you need a refresher, watch [this video overview](#) from The Bible Project. PRO TIP: Text the link out to your group in advance so they can watch it before you meet!
- What feelings do we see Elijah have in this passage? Why is he feeling these ways?
- What is the angel’s response to Elijah? What do you notice about what he tells Elijah to do?
- The angel meets Elijah’s physical needs first, even though he brings to God a mental need. What does this teach us? How could this play out in our lives?
- When you are feeling stressed, what aspects of your physical health do you neglect? What boundaries can you put in place to help you remember them?
- How is rest and recovery a part of staying healthy in the midst of stress? Can you think of anywhere else we see this in the Bible? (Not sure where to start? Read [Mark 6:30-31](#).)

Read [1 Kings 19:10-13](#)

- Read verse 10 again. What do you notice about how Elijah speaks to God? How does God respond in verse 11? Why would it have been a big deal that the presence of the Lord was about to pass by Elijah?



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- Elijah heard God whisper in the fire, not in the powerful wind or in the earthquake. What does this teach you about God? What does it teach you about listening for Him? How can you listen for Him differently in your life based on what we see here?
- Elijah is in a situation where he needs hope and help. How does God provide both of those in this passage? What does it look like for you to look to God for hope and help in your life? What would change about your life if you were more observant of the hope and help of God? How would it change the lives of those around you?

Over the past month, your group has spent a lot of time being honest about your mental health. **Talk together: How can you encourage each other as you continue to grow in all areas of health: mental, physical, spiritual, and emotional?** Consider setting up partners within your group to hold each other accountable and to encourage each other over the next few weeks.

RESPOND

- Based on what you just discussed, what do you think God is prompting you to do in response? When will you do it?
- Pray together as a group for the specific goals or areas of struggle that came up in your discussion. Thank God for revealing more of who He is, and ask Him to help you apply what He's prompting you to do this week.