



## House Church Gathering Discussion Questions

**Sunday July 27**

**Bearing Fruit “Don’t Quit the Race”**

### **1 Kings 19:1-4**

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 2 So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.”

3 Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. “I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors.”.

**Background:** If you've ever run a long-distance race—or even just pushed yourself to stay up all night finishing a paper—you know there comes a point when your energy crashes. Marathon runners call it “**hitting the wall**”—the moment when your body has burned through all its quick energy and starts running on empty. You feel like you can’t go one step farther. That’s exactly where we find the prophet **Elijah** in 1 Kings 19. And that’s where many leaders—especially spiritual leaders—end up at some point in their journey. Not because they’re weak or faithless, but because **the journey is long, and ministry is hard**. Spiritual leadership isn’t a sprint—it’s a **marathon**. And if you don’t learn how to pace yourself, nourish yourself, and listen for God’s voice in the middle of the race, you’ll burn out before you ever reach the finish line.

### **Discussion Questions:**

1. What are you doing to take care of your body and mind these days?
2. Much like a marathon race we all need a cheering section. Do you have people who cheer you on? If not, who would you enlist to be your cheerleaders?
3. Do you agree with this statement, why or why not? ***If we are going to move through fruitful change into God's future, the most important people we will have to lead are ourselves.***