

You're Not Superman
1 Kings 19 w/ Exodus 20:8-11 & Mark 2:23-28

Sometimes the greatest rest for anxious hearts is REST!

I. Burnout is a real thing. [1 Ki 19:1-5]

~ In burnout _____ replaces faith.



~ In burnout _____ replaces community.

~ In burnout feelings of _____ prevail.

~ In burnout _____ seems relentless.

II. Rest brings RESToration. [1 Ki 19:5-18]

~ In rest we recognize God's _____.

~ In rest our _____ is renewed.

~ In rest our _____ is regained.

Opening

As a group go through the *Life Group Covenant*.

For Group Discussion

Personal

When you hear the word *rest*, what is your first reaction—relief, guilt, or resistance?

Why?

From the Sermon: “**You’re Not Superman**”

1. What stands out to you most about Elijah’s condition in **1 Kings 19**?
2. Why do you think God responds to Elijah with sleep and food before giving him direction?
3. How can exhaustion distort our perspective or prayers, based on Elijah’s experience?
4. What makes practicing Sabbath rest difficult for you personally? (Ex. 20:8-11; Mark 2:23-28)

Application

1. Do you tend to live like **Superman** or more like **Spider-Man**?
2. On a scale of 1–10, how rested does your soul feel right now?
3. What is one step you can take this week to honor your limits and rest in God?