

Questions God Asks

What are you doing here?

Read: 1 Kings 19:1-18

Introduction:

We are continuing our series entitled, "Questions God Asks." This week's question is "**What are you doing here?**" We need to put today's passage in context. Just prior to 1 Kings 19, there was a showdown between Elijah and the prophets of Baal. Each would pray to their God, and ask their God to consume a sacrifice that was placed on an altar of wood and stone. From morning to evening the prophets of Baal prayed, shouted, danced and even cut themselves as they pleaded with Baal, but nothing happened. To prove the power of God, Elijah soaked the sacrifice with over a dozen large pots of water. Then Elijah called upon the Lord to consume the sacrifice. Immediately God sent fire from heaven. Those who witnessed the event fell on their faces and worshipped God.

It was a great victory. Elijah expected Israel would flee from their wicked ways and return to God. Instead, Queen Jezebel sent a messenger to Elijah to tell him he would be killed within twenty-four hours. Disillusionment and fear swept over Elijah. He ran to the wilderness and cried out to God, "*I have had enough! LORD, take my life, for I'm no better than my fathers.*" Then he lay down and slept under the broom tree." Elijah was struggling and wondered what God was doing. So he traveled for 40 days to Mount Horeb, also known as Mount Sinai, the same place Moses encountered God. At this place God asked Elijah, "**What are you doing here?**"

As Pastor Paul pointed out, disappointment with God can lead to burnout. Elijah was so disappointed and burned out that he wanted to die. Like Elijah, many of us struggle with burnout. Pastor Paul shared two main points:

- 1) Understanding burnout.
- 2) Healing from burnout – God's response to our burnout.

Discuss:

1. As you reflect on the sermon, what stood out to you?

Understanding Burnout

2. Pastor Paul mentioned nine signs of burnout. Which ones can you relate to? When you experience these signs, how do they impact your relationship with God? Others?

Your passion fades

Your primary emotion is numbness

Little things make you disproportionately angry

Everybody drains you

Cynicism festers

You can't think straight

You're self medicating in some form

You don't laugh anymore

Sleep and time off don't refuel you

Healing from burnout - God's response to our burnout.

3. How does God deal with Elijah in the midst of his burnout?
Reread vs. 5-8
4. Why do you think God was so compassionate? Why didn't he just tell Elijah to quit his whining?
5. Reread verses 11-12. Why do you think God reveals himself in a soft whisper?
6. We learned from this passage that when we are experiencing signs of burnout we need to **stop, rest, replenish, and get God's perspective**. Which of these four principles is most challenging and why?

Apply

Are you feeling burned out? Remember God is a compassionate God. He wants to meet you in your pain. Take time to stop, rest, replenish, and listen to God this week.