

Conversation Starters

- Have you felt emotionally empty during the COVID-19 pandemic?
- Have you caught yourself skimming through your days at all?

Discuss

When we are tapped out or emotionally depleted we tend to skim through life and are left without a capacity to love others. We must fill our tanks back up, and thankfully, God gave us a prescription as shown in the life of the prophet Elijah. It begins by taking care of ourselves physically with rest, diet and/or exercise.

“All at once an angel touched him [Elijah] and said, ‘Get up and eat.’ He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the Lord came back a second time and touched him and said, ‘Get up and eat, for the journey is too much for you.’ So he got up and ate and drank.” ([1 Kings 19:5b-8a, NIV](#))

- When was the last time you got a full night's rest?
- How has your diet been recently?
- Do you get regular physical activity?

In Elijah’s story, God also reminds us to take care of ourselves spiritually by spending time with Him, away from all of the distractions and busyness.

“The LORD said, ‘Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.’ Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper...[and] Elijah heard it.” ([1 Kings 19:11-12, NIV](#))

- When was the last time you sat and listened for God’s voice?
- Does your time with God tend to just be coupled with chores or other things you have to get done rather than in stillness?

God finally reminds us of the importance of our relational world. He designed us for relationship with Him and other people - people who encourage, love and support us.

“Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. Also, anoint Jehu... king over Israel, and anoint Elisha... to succeed you as prophet. Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu.” ([1 Kings 19:15-17, NIV](#))

- Do you have friends who are following Christ that encourage you?
- Are you opening yourself up to be known by others?
- Do you have people around you that are bringing you down?

Next Steps

Start taking steps to refill your emotional tank this week. Get adequate sleep each night, take an inventory of your diet and make any necessary changes and seek connections (or reconnect) with people who can pray with and for you

Sept 9: [The Grounds Online Book Club: The Storm-Tossed Family](#)

Sept 21: [The Meck Institute: The Practice and Purpose of Prayer](#)

Sept 28/30: [TeamLifeOnline](#)

Further Reflection

Read [1 Kings 18:27-39](#); [1 Kings 19:3-17](#).

Pray

God, you are so loving and care deeply about us and everything we are going through. We are not perfect even when we're at our best, but we're especially not when we're depleted emotionally. Yet you are still faithful and love us. Thank you for caring for us and showing us how to live and care for ourselves too. Give us the strength only you can provide, and help us to take the steps we need to in order to be well physically, spiritually and relationally.