

*Life*Lines Guide
REVIVE
Rest: Exhausted Elijah

WORD

Read [1 Kings 19:1-8](#)

What kind of rest was Elijah seeking? Why?

Have you ever felt like you were so exhausted that you were ready to “be done with it all” (v.4 *The Message*)?

What kind of rest did Elijah actually need? Why?

What is one lesson you want to learn from this scripture, and put into practice the next time you’re feeling this exhausted?

PRAY

Thank God for taking care of every aspect of your life. Ask God for the rest that you need today, specifically in any area where you are exhausted and overwhelmed. Pray that God would help you when you are tempted to bear the weight of your circumstances instead of turning it over to Him.

LOVE

How can you model and practice turning your exhaustion over to God, and seeking the rest He gives, to encourage and cultivate similar practices in your household? What one thing will you do this week to help each other build resting in God into the weekly routine?

