

*life*Lines Utility

REVIVE

Rest: Exhausted Elijah

Reading My Bible: I-Q-A

This method of reading scripture is a simple way to reflect on God's Word and apply it to your life. It is an easy one to remember and have in your "toolbelt". It also has a unique aspect of asking you to write down questions that the passage sparks for you – hopefully questions that will keep you thinking about the passage throughout the day. Read the passage a few times before reflecting on the questions below. In your lifeGroup, you may want everyone to work through the questions on their own before discussing them together. Or, you could do it as a whole group. Be sure that everyone has a piece of paper for recording their own personal Insights, Questions, and Applications.

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

I-Insights:

- What is standing out to you as you read this? What do you notice? What insights do you gain? What is this passage trying to say/teach to you today?

Q-Questions:

- What questions are you left with after reading this? Questions that you want to reflect on? Questions that you want to ask God? Questions that God wants to ask you?

A-Apply:

- How can you apply this passage to your life today? Is there something you want to do or act on? An attitude that needs changed? How can you live out this passage in your life today?

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?

