



Tri-Village Sermon Discussion Questions

Topic: *Exhaustion and Burnout*

Text: *1 Kings 19:1-8*

Service Date: May 3, 2026

Note: The questions are only a starting point for discussion. Don't hesitate to modify, adapt, or highlight only specific ones to fit your group and/or personal study.

Getting Started

- Have you endured a season of burnout? What were the circumstances that led to it? What brought you out of it?
-

Sermon Discussion

- Scripture is full of Godly people who struggled. Do you have any examples from your life of Godly people who struggled with exhaustion and burnout?
- In 1 Kings 19, Elijah goes from an amazing display of God's power on Mt. Carmel to brokenness and fatigue. Have you ever experienced a similar time in your life?
- Elijah finds himself drained right after a major victory. Fatigue is often an underlying issue for many who deal with mental and emotional issues. What are some of the causes of fatigue in your life, and what are some ways to prevent it?
- When we are drained, our feelings become less reliable. What are some of the dangers of listening to yourself instead of talking to yourself?
- In 1 Kings 19:9, Elijah's answer to his struggles was isolation in a cave. Why do we often choose isolation when we are struggling? What "caves" do people retreat into today?
- While Elijah is in isolation, the LORD tells Elijah to enter into His presence. Why do we tend to enter into a cave before entering into God's presence?
- The LORD was near to Elijah, but Elijah still had to enter His presence. How does this apply to our lives today? What does it look like to enter into the LORD's presence for you?
- Read 1 Kings 19:11-13. After the Mt. Carmel experience, how would you expect God to show up for Elijah? Why do you think God chose a whisper instead of dramatic power?
- When is the last time you spent more time in God's presence and listening to Him than you did talking while you were praying? Why is this important when we are feeling burnt out?
- What distractions or noise can make it hard to hear God's whisper? What helps you slow down enough to *listen* to God?

- In 1 Kings 1:19-21, God gives Elijah a partner by the name of Elisha. What role does Elisha play in Elijah's recovery and future ministry?
- What does this passage teach us about mentorship and friendship?
- Paul told us Sunday to not ignore our limits. Why are limits and guardrails so important to avoiding exhaustion and burnout?
- In the beginning, the only that God said was not good about His creation was that Adam was alone. In the 1 Kings passage, God's response to Elijah was to give him a partner. Why are friendships so important when we are struggling? Why is having a partner to shoulder the burden so helpful?

This Week's Action Response

- Create margin in your life to spend time in God's presence. Allow for time and space where you don't say or do the right thing, but rather just rest in Him. Often we think the major faith moments happen through a sermon or a song, but God may just speak the loudest when you rest and allow room for Him to speak. In our busy and pressure filled lives, there is no better place to spend time than in silence and solitude with the Savior.

Help Make a Difference As a Group

- Looking for ways that your group can serve together? On May 29 and 30, we are in need of **80-120 volunteers** for our Help Build Hope Home Build Project in partnership with Crossroads Mission. **This is a perfect opportunity for groups and families to serve together!** For more information and to register, please visit tri-village.org/homebuild.
- Volunteers are needed to run concessions at the **Fostering Further Car Show on May 9** from 8:30AM-2:00PM. This is an easy opportunity to serve, and a great opportunity for one small group to make a big impact! Volunteers are needed to help set up, take orders, grill food, and clean up. Shifts are available for those that cannot serve for the whole event. For more details and to register please contact Brian Dillon.
- Christian Children's Home of Ohio in Wooster is hosting their annual Great Grill Off event on Sunday, June 14. Volunteers are needed from 9:00AM-6:00PM to help with set up, tear down, and serving the vendors during the event. Shifts are available for those that cannot serve all day. For more details and to register please contact Brian Dillon.