

When the Strong Get Tired

Rev. Victor Ramoy | 1 Kings 19:1-21

Watch

Watch the sermon. As you watch, take notes on anything that stands out to you. Pay careful attention to the context of the biblical text, insights and principles highlighted, and any supporting scripture mentioned.

** KEY TAKEAWAYS**

- Even the most faithful followers of God can find themselves overwhelmed by fear and exhaustion
- In our lowest moments, God meets us not with condemnation, but with care and compassion
- Discouragement and isolation can distort how we see ourselves, our situation, and our future
- The strength to face life's challenges is found not in ourselves, but in God who sustains and leads us forward

Talk It Through

1. Elijah had just experienced a huge victory on Mount Carmel, yet right after that he completely crashed emotionally. Have you ever had a moment where you thought, "I should feel okay right now," but instead you felt exhausted, discouraged, or overwhelmed? What's something lately that has been quietly draining you physically, emotionally, mentally, or spiritually?
2. What stood out to you most about the way God responded to Elijah in his lowest moment? What does Elijah's experience teach us about God's heart toward tired and discouraged people?
3. Elijah isolated himself and started believing he was completely alone, even though God was still working behind the scenes. When you're discouraged or emotionally drained, what kinds of thoughts or conclusions are you most tempted to believe about yourself, your situation, or your future? In your experience, what happens to our perspective when we isolate ourselves too much?
4. One of the big reminders from the sermon is that strong people still need God's strength. The strength to keep going comes from God, not from ourselves. What would it look like for you to depend on God more honestly instead of just trying to push through everything on your own?

Pray

Close your time together with prayer.