

Small Group Discussion Guide

Formed By... | *What is forming you - and who are you becoming?*

Part 3: When The Soul Gets Tired

BIG Idea: God does not shame the exhausted soul; He meets them with care, presence, truth, and a way forward.

Application: Recognize what is happening within you, receive the care God is providing, and reorient what exhaustion or disappointment has caused you to believe around what God says is true.

Discussion Questions

Icebreaker: What app, show, hobby, person, or daily habit receives the most attention from you right now?

1. Read **1 Kings 19:3–10** together. What stands out to you about Elijah’s physical, emotional, and spiritual condition?
2. Before reaching this moment, Elijah had experienced years of obedience, ministry, provision, miracles, and even the victory at Mount Carmel. What does that teach us about the assumption that faithful people should never become exhausted?
3. Pastor Marv said, **“Exhaustion can distort our perspective of ourselves, other people, and God.”** Where do you see that happening in Elijah’s story?
4. What is the difference between acknowledging that a feeling is real and assuming that everything the feeling tells us must therefore be true?
5. The first of Marv’s three R’s was **Recognize: What is happening within me?** What signals usually tell you that your soul is becoming tired?
6. The second R was **Receive: What care, rest, truth, or help is God providing?** What forms of God’s provision are easiest for you to receive? Which are hardest?
7. Why can receiving rest or help sometimes feel uncomfortable—especially for people who are accustomed to serving, producing, or caring for others?
8. The third R was **Reorient**. What kinds of false conclusions are we most vulnerable to believing when we are exhausted, discouraged, or disappointed?
9. Is there something you have been interpreting through exhaustion lately that may need to be reconsidered in the light of God’s truth?

Prayer Prompt: Share one place where your soul feels tired right now. Without trying to fix one another, pray that God would provide the care, presence, truth, and next step each person needs.