

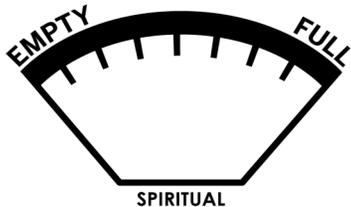
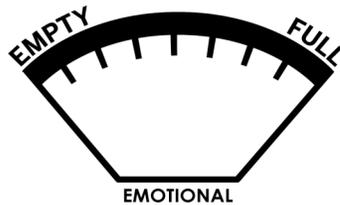
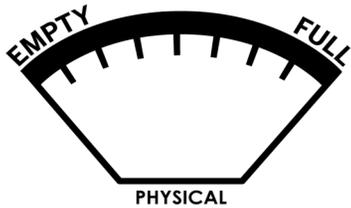
# You Only Live Twice: Reflect

*1 Kings 18:46 - 19:18*

1. What season are you in right now?

- What should you be doing?
- What should you stop doing?

2. How are your gauges?



3. Why do you seek God? (check one)

- \_\_\_\_\_ to tell Him what you want Him to do?  
\_\_\_\_\_ to find out what He wants you to do?

4. What does God want to whisper to you today?

## YOU ONLY LIVE TWICE

Wk 2 - Reflect

### Getting Started:

- What is your favorite season of the year and why?
- What's been your favorite season of life and why?

### Going Deeper:

The story of Elijah is about a man who was used by God to do amazing things. In Pastor Scott's message, he talked about how Elijah navigated the season of his life after the monumental event on Mt. Carmel. One of the most important lessons we can learn is found in I Kings 19:3-9. We read about how Elijah was physically depleted, and had to be taken care of and nourished back to health. In these verses we find a picture of the importance of incorporating rest, or Sabbath, into the seasons of our lives.

- Read Ex. 20:9-10. What does this mean for us today? Do you regularly take time off and time away? How often do you? What do you do during your times off?
- How are you affected when you do not take time off? How is your family affected?
- Read Luke 10:38-42. What does this account of Mary and Martha have to do with seasons, work, rest, and Sabbath? Which of the two women do you more associate with?
- What is the hardest part of taking intentional "down time" for you? How important do you think it is for the season of life that you are in? Why?

### Acting Out:

- Take time during your small group, to be still/silent. Reflect on what season you are in and what God has been telling you during this season.
- Choose a set time each day and/or a day of the week to set aside as a Sabbath, with the intention of rest and reflection.
- Talk about the above with a couple of people from your group to support you in following thru with #1 and #2.

### Further Reading This Week:

Jesus modeled taking time away from His ministry to rest and pray to be better prepared spiritually, emotionally, and physically for the season He was in.

Matthew 4:1-11

Mark 1:29-39

Matthew 17:1-9

Matthew 26:36-46