



Winning The War In Your Mind

Part 3: *Win the Daily Battle*

Big Idea

When you've had enough, God is enough.

Key Scriptures

- **1 Kings 19:1–18**
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Discussion Questions

- What's your favourite way to recharge or practice self-care when life feels overwhelming?
- When you've had "enough," what's your typical response—push harder, shut down, or numb out?
- Elijah had just experienced a huge victory over the prophets of Baal, yet soon after he prayed, "I've had enough, Lord." Why do you think highs in life can sometimes be followed by deep lows?
- Can you share a time when, from the outside, things looked fine—but inside, it felt like "too much"?
- Why do you think exhaustion (physical, emotional, spiritual) can distort the way we see our circumstances?

- **Read 1 Kings 19:1-18**
 - Is there anything that stands out to you from this passage? Are there any questions you want to ask Elijah about this passage?
 - Why do you think rest and food came before God spoke to Elijah?
 - God wasn't in the wind, earthquake, or fire - but in the gentle whisper. What does this teach us about how God works?
 - Are you someone who tends to look for God in the big things or life or the small things?
 - Elijah repeated the same story to God (vv. 10, 14). What "story" do you tend to repeat to yourself when you've had enough?
 - God didn't give Elijah a miracle solution, but daily sustenance and a next step. How might that shape your expectations of how God helps us today?
 - When you think about your own life, where do you need God to meet you with rest, a whisper, or a renewed purpose?
 - The message suggested an "Elijah Practice": Rest your body, Pray your heart, Listen for His whisper. Which of those three feels most important for you right now? Why?
 - If you're new to faith: what difference do you think it could make to believe that even when you've had enough, God is enough?
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Challenge Question (For Takeaway):

This week, practice the "Elijah Practice" daily:

- Rest your body (sleep well, eat something nourishing).
- Pray your heart (honestly tell God what feels like "too much").
- Listen for His whisper (read one verse, or sit in silence for a moment, carrying one truth with you).