

4. Burn out is something that God does not want us to experience but too many often do. In 1 Kings 19, we have an example of an emotional, spiritual, physical low right after an emotional, spiritual, physical high in the previous chapter. Read 1 King 19:3-19. This passage starts with Elijah being afraid and running away to a point of exhaustion and ending with him feeling better and even recruiting Elisha to be a helper in ministry. From this passage, what do we see as some symptoms of burnout and some remedies to it?

WRAPPING UP ...

Based on last Sunday's message and our discussion, is there any specific application that God might be prompting you to live out this week?

What prayer requests can we share so we can pray for each other before we close?

Six Influence Insights

(Insights from Exodus 18:1-27)

Pastor Bob Johnson, Grace Point Church, March 12th, 2017

Six Traits of A Growing Leader

1. **G.L.'s don't equate burning bright with ...**
(Exodus 18:17-18, Numbers 11:14-17, Deut. 1:7-14, 1 Kings 19:18)

2. **G.L.'s don't delegate ...**
(Exodus 18:5-6, 1 Timothy 5:8, 1 Timothy 3:4-5)

3. **G.L.'s are constant ...**
(Exodus 18:24, Proverbs 12:15, Proverbs 19:20)

4. **G.L.'s set ...**
(Exodus 18:22, Acts 6:1-4, Mark 1:32-48)

5. **G.L.'s don't ...**
(Exodus 18:19-26, 2 Timothy 2:2, 1 Corinthians 1:11-17)

- In choosing, focus on ...**

6. **G.L.'s give ...**
(Exodus 18:27, Deuteronomy 1:9-18)

This Week's Discussion Guide:

Welcome to "Week 9" of this season of our small groups at GPC! Our small groups are where folks move from 'believers' to 'belongers'. May we receive lots of encouragement and support and deepening friendships in the weeks ahead as we meet together, pray together, and study God's Word together. Our groups meet for nine months throughout the year. These nine months are broken up in three seasons or quarters. We meet from September - November, take December off, meet again from January - March, and then from April - June. After we take July and August off, we start it all over again :). This quarter our groups will meet for 13 weeks wrapping up the week of April 9th (the week before our Easter Celebration).

Getting Started:

One of the points to last Sunday's message was that there is a difference between burning bright and burning out. Who has been an example of burning bright? (i.e. Who is one or two of your heroes who has made a positive difference in our world that you admire?)

Another point from Sunday was 'growing leaders are learners'. What is an area of interest that you would like to learn more about or a skill that you would like to develop in the days, months or years ahead? Some areas of interest are just for fun :).

We also heard that 'growing leaders don't hover but empower'. When has someone given you an opportunity to do something that was a stretch for you? When they released it to you, did they hover or empower? How did you do at the task?

Growing leaders also 'give credit away' as we heard last Sunday. Who would you like to give credit to that has invested in your life in the past and/or recently that has made a positive impact on you?

Digging Deeper:

1. All of us would want to be known as being confident in what we do and how we live life. It would also be safe to say that none of us would want to be known as arrogant, stubborn and unwilling to change when needed. This is why the statement from last Sunday, 'growing leaders are teachable' is so important. How might the following verses help each of us evaluate if we have a 'teachable spirit'?

Proverbs 12:1

Proverbs 28:13

James 1:19

2 Timothy 2:15

Is there one of these you need to more attention to?

2. As we heard last Sunday, a key part of knowing how to set boundaries and avoid burnout is not only knowing what to say no to, but also evaluating if you are saying yes to the right things. How would the following verses help you know what you should start or stop doing to live as God has called us to?

Luke 10:27

Matthew 28:19-20

Colossians 3:23

What might be some challenges in knowing how to have healthy boundaries and avoid burnout while putting these verses into action?

3. Living with boundaries is a necessity to not be sidetracked into pleasing others more than pleasing our Lord. Jesus was in constant demand and had to set boundaries to be faithful to accomplish His Father's will. (John 6:38). Read Mark 1:35-45. What can we learn from Jesus regarding being interrupted and setting boundaries in order to live a life pleasing to God?