

WEEK 2

DISCUSSION GUIDE for middle schoolers

RESTART

THIS WEEK

BIG IDEA

When you feel overwhelmed, God wants to take care of you.

BIBLE

1 Kings 19:1–9; Psalm 4:8;
Matthew 11:28–30

ABOUT THIS WEEK

Each level of a video game comes with its own unique challenges, and life can feel a lot like that, too. This week, we'll look at a time when Elijah faced so many challenges that he felt completely overwhelmed and needed to take a break. From this story, you will see that when you feel overwhelmed, God takes care of you.

- **When are you most likely to play video games? When you're bored? Trying to avoid something? When your friends are playing? Or never— you would rather do anything else than play a video game?**
- **How would you describe the feeling of being overwhelmed?**
- **Have you ever told God, "I've had enough," like Elijah did? If you feel comfortable sharing, what led to you praying that?**
- **How did God relate to Elijah when he was overwhelmed? What does that tell you about how God relates to you?**
- **Read Matthew 11:28–30. Have you felt pressure to do more for God? How does knowing that Jesus invites you to rest change the way you see God?**
- **Would a nap, snack, and time to recover help you when you are feeling overwhelmed? What practical things could you ask God for the next time you feel swamped?**