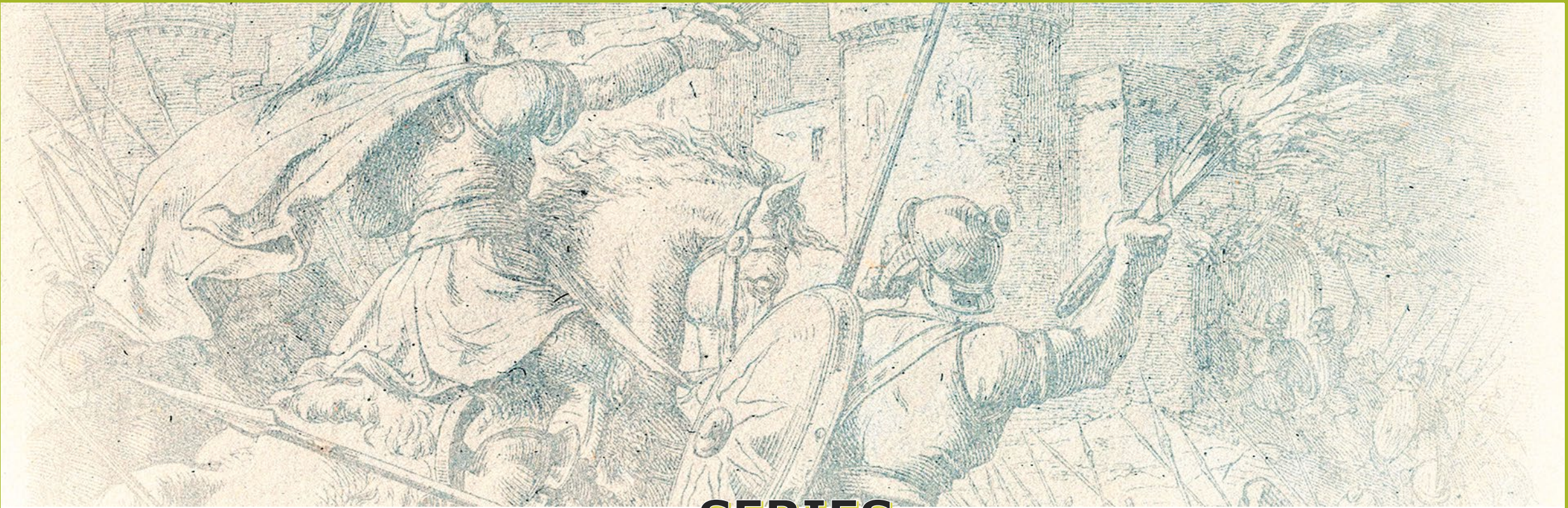




1 KINGS 19:1-15

SERIES:
COURAGE
OVER FEAR

MAY 3rd, 2020 / 9th IYAR 5780



SERIES:
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SERIES:
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RE⚡CHARGE Your Spirit

1 Kings 19:4

4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I *am* not better than my fathers. (KJV)

4 Elijah walked a whole day into the wilderness. He stopped and sat down in the shade of a tree and wished he would die. "It's too much, LORD," he prayed. "Take away my life; I might as well be dead!" (TEV)



"What are you doing here?"

Proactive Steps You can Take

I. BEWARE OF **POTENTIAL** PROBLEMS.



Factors of Elijah's Depression

A. Factor #1—Fatigue

B. Factor #2—Floundering Feelings

C. Factor #3—Focusing on Trials and Troubles

D. Factor #4—Flourishing Pride

E. Factor #5—Fellowship is Lacking.

Are you dealing with Depression right now?

- Get some rest.
- Evaluate your priorities.
- Don't neglect your walk with the Lord.
- Invest your life in others.
- Commit your goals, life, and expectations to the Lord.
- Keep your focus upon the Lord and not your problems.
- Prepare for those times of vulnerability, especially after a victory.



How did Elijah Get to this point?

- ❖ He is physically and emotionally drained.
- ❖ He is focused upon his circumstances.
- ❖ He has forgotten about God's promises.
- ❖ An element of pride and unfulfilled expectations led him to believe he was a failure. He is on the run and he quits.



1 Kings 19:5-8 (KJV)

THE RECHARGING OF ELIJAH'S SPIRIT—19:5-8

⁵ And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise *and* eat.

⁶ And he looked, and, behold, *there was* a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again.

⁷ And the angel of the LORD came again the second time, and touched him, and said, Arise *and* eat; because the journey *is* too great for thee.

⁸ And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.

Proactive Steps You can Take

I. BEWARE OF **POTENTIAL** **PROBLEMS.**

II. KEEP A PROPER **PERSPECTIVE** ON YOUR
PAST.



1 Kings 19:9-10 (KJV)



9 And he said, **I** have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and **I**, even **I** only, am left; and they seek my life, to take it away.

Notice all the "I's" in **verse ten**. Fear and loneliness still have a grip on Elijah. He does not remember what God did for him in the past. Instead, he focuses on his problems.

10 And he said, **I** have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and **I**, even **I** only, am left; and they seek my life, to take it away.

Elijah says that Israel forsook:

- 1. The Word of God (covenant)-** When you forsake the Word it leads to the next point.
- 2. The Worship of God (altars)-** When people leave God's will, they blame their problems on the third point.
- 3. The Workers of God (prophets)-** The pastor or other Christians are blamed for problems when the real problem is found in point 1 and 2.

Proactive Steps You can Take

I. BEWARE OF **POTENTIAL** **PROBLEMS.**

II. KEEP A PROPER **PERSPECTIVE** ON YOUR
PAST.

III. BE **PROACTIVE** IN THE **PRESENT.**



1 Kings 19:11-14 (KJV)

¹¹ And he said, Go forth, and stand upon the mount before the LORD. And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; *but* the LORD *was* not in the wind: and after the wind an earthquake; *but* the LORD *was* not in the earthquake:

¹² And after the earthquake a fire; *but* the LORD *was* not in the fire: and after the fire a still small voice.

¹³ And it was so, when Elijah heard *it*, that he wrapped his face in his mantle, and went out, and stood in the entering in of the cave. And, behold, *there came* a voice unto him, and said, What doest thou here, Elijah?

¹⁴ And he said, I have been very jealous for the LORD God of hosts: because the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, *even* I only, am left; and they seek my life, to take it away.

"What are you doing here?"

Proactive Steps You can Take

I. BEWARE OF **POTENTIAL** **PROBLEMS.**

II. KEEP A PROPER **PERSPECTIVE** ON YOUR
PAST.

III. BE **PROACTIVE** IN THE **PRESENT.**

IV. STAY **POSITIVE** ABOUT GOD'S **PROMISES.**



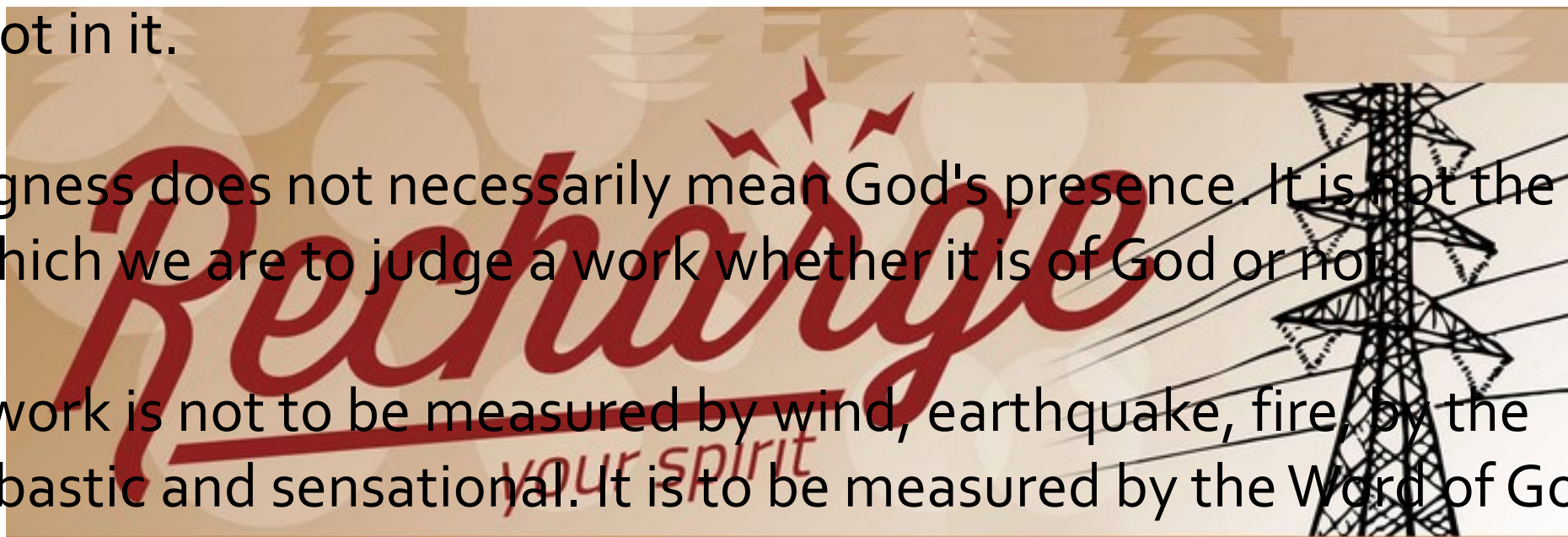
The fact the Lord spoke in a still, small voice teaches several truths.

1. Just because something is small and quiet does not mean that God is not in it.

2. Bigness does not necessarily mean God's presence. It is not the criteria by which we are to judge a work whether it is of God or not.

3. A work is not to be measured by wind, earthquake, fire, by the bombastic and sensational. It is to be measured by the Word of God. God is not interested in turning heads, but in turning hearts.

4. God can use a small church yielded to Him and His Word. He can use the small, quiet Christian who speaks up for God when it is time to speak.



1 Kings 19:15 (KJV)

¹⁵ And the LORD said unto him, Go, return on thy way to the wilderness of Damascus: and when thou comest, anoint Hazael *to be king over Syria*:

“My grace is sufficient for you, for my power is made perfect in weakness.” 2 Corinthians 12:9

“...the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us...”
Romans 8:26

"What was the happiest hour
of your life?"



1 KINGSB19:1-8
