

'You're at a Low Point In Life' 1Kings 19:1-16

"He knows what we are made of; he remembers that we are dust." Psalm 103:14

"When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them." Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day." 1Kings 19:1-4

"Beware of the _____ voice of reasonableness in your life." Jon Tyson

"Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors who have already died..." "Lord God Almighty, I have always served you—you alone. But the people of Israel have broken their covenant with you, torn down your altars, and killed all your prophets. I am the only one left—and they are trying to kill me!" v. 4, 10

Beware of your mind wanting to _____ you from others.

Beware of your mind trying to _____, it will throw you off.

1. When you're at a low point, _____

"Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again." v. 5-6
God is not _____ when your humanness acts up.

"Our High Priest is not one who cannot feel sympathy for our weaknesses. On the contrary, we have a High Priest who was tempted in every way that we are, but did not sin." Hebrews 4:15

"Then the angel of the Lord came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you." So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. There he came to a cave, where he spent the night." 1Kings 19:7-9

2. When you're at a low point in life, _____

3. When you're at a low point in life, _____

"The Lord said to him... 'Go out and stand before me on the mountain,' the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper. When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave." v. 9, 11-13; "There is no fear in love; but perfect love casts our fear, because fear involves torment. But he who fears has not been made perfect in love." 1John 4:18; "God has not given us a spirit of fear, but of power and of love and of a sound mind." 2Tim 1:7

4. When you're at a low point in life, ask yourself, "_____?"

"And a voice said, "What are you doing here, Elijah?" v. 13

5. When you're at a low point in life, _____

6. When you're at a low point in life, _____ to living for God; _____ to do

"Then the Lord told him, "Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Israel, and anoint Jehu grandson of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet." v. 13, 15-16