

When Life Seems Unlivable

PERSONAL APPLICATION

Review the main lesson outline briefly

- Describe some of the times in your life when God has directed you and provided for you. It is always good for us to count our blessings and remember what we have seen God do in the past.

PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day
Write down your daily thought under each day

Monday – 1 Kings 19:1-5

Thought:

Tuesday – I Kings 16:29-33

Thought:

Wednesday – 1 Kings 17:1-6

Thought:

Thursday – 1 Kings 17:7-24

Thought:

Friday – 1 Kings 18:16-46

Thought:

Saturday – Jonah 4:1-11

“Jonah”

“I’m Angry & Bitter”

When Life Seems Unlivable



“I am Tired & Afraid”

(Fear & Fatigue)
(Part 1)

1 Kings 19:1-5

“Elijah”

When Life Seems Unlivable

I am Tired & Afraid

(Fear & Fatigue)

(Part 1)

1 Kings 19:1-5

Intro: *Fear & fatigue will paralyze our lives if we let them. (HS football) Let's look at Elijah...*

I. The Common Denominator – A difficult task!

- Ahab is King – 1 Kings 16:29-33
 - Instituted Baal worship – 1 Kings 16:31-33
 - Allowed Jezebel to kill the Lord's prophets – 1 Kings 18:1-4
 - He was partner in Elijah's death threat – 1 Kings 19:1-2
 - He provoked Jezebel to kill Naboth & steal his land – 1 Kings 21
 - He was evil & provoked by Jezebel – 1 Kings 21:25-26
- Elijah delivers a difficult message – fear! – 1 Kings 17:1
Have you ever been faced with doing something that made you afraid? So afraid you could not sleep?

II. His Courage & Victory – God takes care of him!

- God directs him – 1 Kings 17:2-5; 17:7-10; 18:1-2
- God provides for him – 1 Kings 17:6; 17:10-16
- God empowers him - 1 Kings 17:19-24; 18:16-46

III. Character building lessons

- ✓ Sometimes our greatest fear can come following our greatest victories. We are never exempt from difficulty.
- ✓ In times of fear, we tend to forget what God has done in the past, and doubt His power to help us in the present.
- ✓ There will always be people & circumstances that make doing right difficult. We have to trust God's ability & not our own ability to carry us through.

IV. His Collapse – The Cause

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A. Fear – he was afraid of three things

- Physical death – 1 Kings 19:3-4, 10, 14
- People – (Jezebel) – Proverbs 29:25, Ecclesiastes 12:13
- Personal loneliness – 1 Kings 19:10, 14

B. Fatigue – he was tired – 1 Kings 19:4-8

We all need rest – Genesis 2:1-3; Mark 6:30-31

V. His Collapse – The Cure

A. He ran to God – 1 Kings 19:1-4

B. God helped him

- He provided the needs for his journey – 19:7-9
- He taught Elijah to trust him – 19:7-9
- He listened patiently to his complaint – 19:9-13
- He gave him help & instruction – 19:9-13

C. God's instruction

- Go back where you came from – 19:15
- Enlist others to help – 19:15-16
- Ask God for a partner – 19:16-21
- Remember, you are not alone – 19:18

NOTES