

TURN A SETBACK INTO A COMEBACK

How to Fulfill My Task when my Tank is Empty
1 Kings 19

READ: 1 Kings 19:1-5, 10

HOW DO I KNOW WHEN MY TANK IS EMPTY?

1. _____ creeps into my life. "Elijah was afraid..."
2. I find myself _____. "Elijah ran for his life..."
3. I start _____ once good _____.
"He left his servant in the town of Beersheba."
4. I make foolish _____. "He walked for a full day into the desert."
5. I push myself beyond my _____. "He collapsed under some shade."
6. My work _____. "I've worked hard..."
(but haven't seen any results or change)
7. I consider _____ what I once _____.
_____. "God, I have had enough!"
8. I feel _____. "I'm the only one left - and they are trying to kill me too!"
9. _____ me. "For I am no better than my ancestors!"
10. I think _____ might bring _____.
"Elijah prayed that he might die: Take my life, Lord! Just let me die!"

"Elijah was a person just like us..." James 5:17

HOW DOES GOD REFILL MY EMOTIONAL TANK?

1. God makes me _____.

He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake.

Psalms 23:2-3 NIV

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. 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." 1 Kings 19:5-7 NLT

2. God encourages me to _____.

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. But the Lord said to him, "What are you doing here, Elijah?" 1 Kings 19:8-9 NLT

3. God calls me to _____.

"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. And a voice said, "What are you doing here, Elijah?" 1 Kings 19:11-13 NLT

Just thinking of my troubles and my lonely wandering makes me miserable. That's all I ever think about, and I am depressed. Then I remember something that fills me with hope. The Lord's kindness never fails! If he had not been merciful, we would have been destroyed. The Lord can always be trusted to show mercy each morning. Deep in my heart I say, "The Lord is all I need; I can depend on him!" Lamentations 3:19-24 CEV

4. God demands I _____.

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 Aram. Then 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. So Elijah went and found Elisha son of Shaphat plowing a field. There were twelve teams of oxen in the field, and Elisha was plowing with the twelfth team. Elijah went over to him and threw his cloak across his shoulders and then walked away. 1 Kings 19:15-16, 19 NLT