

From Courage to Discouraged

1 Kings 19:1-9



EIJAH

A Man Just like Us

The Gap

The need located between
God's expectations
and our experiences



Have you ever concluded...

“The journey is
too much for me””





1.

Miscalculate the cost of victory and criticism.

“²So Jezebel sent a messenger to Elijah to say, ‘May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.’ ³Elijah was afraid and ran for his life.”

**Discouragement
can happen
when I...?**

1 Kings 19:2-3

Unhealthy Responses to Life's Challenges

Elijah choose
to run



Unhealthy Responses to Life's Challenges

Elijah choose

not to ask God for help



Unhealthy Responses to Life's Challenges

Elijah choose
to isolate



Unhealthy Responses to Life's Challenges

Elijah choose
to get lost in self-pity





2.

Choose a unhealthy
response to life's challenges.

“³Elijah was **afraid** and **ran** for his life. When he came to Beersheba in Judah, **he left** his servant there, ⁴while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. ‘**I have had enough, LORD,**’ he said. **Take my life; I am no better than my ancestors.**”

**Discouragement
can happen
when I...?**

1 Kings 19:3-4



3.

Exhaust my physical and emotional limits.

“⁵ Then he lay down under the tree and fell asleep. All at once an angel touched him and said, ‘Get up and eat.’ ⁶...He ate and drank and then lay down again. ⁷The angel of the LORD came back a second time and touched him and said, ‘Get up and eat, for the journey is too much for you.’”

1 Kings 19:5-7

**Discouragement
can happen
when I...?**



4.

Forget that standing in the gap requires God's touch.

“⁷... ‘Get up and eat, for the journey is too much for you.’ ⁸So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. ⁹There he went into a cave and spent the night. And the word of the LORD came to him: ‘What are you doing here, Elijah?’”

1 Kings 19:7-9

**Discouragement
can happen
when I...?**

What can I do when I get discouraged and depressed?

Recognize what you |
have been through.



**“My flesh and my heart may fail,
but God is the strength
of my heart and my portion
forever.”**

Psalm 73:26



What can I do when I get discouraged and depressed?

Reach up to God
in prayer.



“The LORD is close
to the brokenhearted and
saves those who are
crushed in spirit.”

Psalm 34:18



What can I do when I get discouraged and depressed?

Reach out to God's people
for support.



“⁵For when we came into Macedonia, this body of ours had no rest, but we were harassed at every turn—conflicts on the outside, fears within. ⁶But God, who comforts the downcast, **comforted us by the coming of Titus.**”

2 Corinthians 7:5-6



What can I do when I get
discouraged and depressed?

Get Dressed with
the amor of God



What can I do when I get
discouraged and depressed?

Rest and Restore

