

Rising from Despair

1 Kings 19:9-21



A Man Just like Us



1.

God meets us with wisdom

“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.’ 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.”

1 Kings 19:7-8

**What does GOD do
to help us climb
out of despair?**

In a complex world God cares for the whole person...

- God cared for us physically



In a complex world God cares for the whole person...

- God cared for us physically
- God cared for us emotionally



In a complex world God cares for the whole person...

- God cared for us physically
- God cared for us emotionally
- God cared for us spiritually



In a complex world God cares for the whole person...

- God cared for us physically
- God cared for us emotionally
- God cared for us spiritually
- God cared for us with grace





2.

God reminds us His power cannot be boxed

“¹¹Then a great and powerful **wind** tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an **earthquake**, but the LORD was not in the earthquake. ¹² After the earthquake came a **fire**, but the LORD was not in the fire. And after the fire came a gentle **whisper**.”

1 Kings 19:11-12

**What does GOD do
to help us climb
out of despair?**



3.

God shows us we are not
meant to be alone

- 1 Kings 19:7-8, 12-13
- 1 Kings 19:15-21; Acts 2:42-47

**What does GOD do
to help us climb
out of despair?**

We are not meant
to be alone

We need
God's Touch



**We are not meant
to be alone**

**We need
Touch of God's People**



The Touch of God's People

“⁴²They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. ⁴³Everyone was filled with awe at the many wonders and signs performed by the apostles.

⁴⁴All the believers were together and had everything in common.”

Acts 2:42-47

The Touch of God's People

“⁴⁵They sold property and possessions to give to anyone who had need. ⁴⁶Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, ⁴⁷praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.”

Acts 2:42-47



1.

Look in to learn from the past

“¹²The man said, ‘The woman you put here with me—she gave me some fruit from the tree, and I ate it.’ ¹³ Then the LORD God said to the woman, ‘What is this you have done?’ **The woman said,** ‘The serpent deceived me, and I ate.’”

Genesis 3:12-13

**What can WE do
to rise up
from despair?**



2.

Look up to remember God's power

“Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.”

Jeremiah 32:17

**What can WE do
to rise up
from despair?**



3.

Look around to discern
what God is really doing

- 1 Kings 19:12-15

**What can WE do
to rise up
from despair?**



4.

**Look forward to discover
what God wants from me**

“When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, ‘**What are you doing here, Elijah?**’”

1 Kings 19:13

**What can WE do
to rise up
from despair?**

Look Forward to Discover God's Plan

“²⁸And we know that in all things God works for the good of those who love him, who have been called according to his purpose. ²⁹For those God foreknew he also predestined to be conformed to the image of his Son.... ³⁰And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.”

Romans 8:28-30