



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

### 1. Look \_\_\_\_\_ from the past

1 Kings 19:9-10; Genesis 3:11; 1 John 1:8-9

### 2. Look \_\_\_\_\_ God's power

1 Kings 19:11-12; Jeremiah 32:17

### 3. Look \_\_\_\_\_ what God is really doing

1 Kings 19:12-14

### 4. Look \_\_\_\_\_ what God wants from me

1 Kings 19:13; Romans 8:28

The 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 19:7

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

### 1. God meets us with \_\_\_\_\_

- God cares for \_\_\_\_\_
- God cares for \_\_\_\_\_
- God cares for \_\_\_\_\_
- God cares for \_\_\_\_\_

### 2. God reminds us \_\_\_\_\_

1 Kings 19:10-13

### 3. God shows us we are not meant to do this alone

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