

Dealing with Discouragement

1 Kings 19:1-18

Context - Elijah had just had a victorious showdown with the prophets of Baal in 1 Kings 18. Jezebel placed a bounty on his head - sending him towards a depressing flight for his life.

Main Idea - God takes care of us through his provisions and presence.

When you face incredible moments of discouragement...

1. _____ your schedule for rest (vs. 1-6)

Elijah was disappointed that revival had not come to Israel. He could not see where God was at work, and he felt alone and suicidal. But twice in this passage Elijah was able to take a good rest.

2. _____ well (vs. 7-8)

Twice in the passage Elijah is given food to eat, but the second food he is given miraculously supplies him for 40 days!

3. _____ God (vs. 9-18)

Mt. Horeb is another name for Mount Sinai, the mountain where God gave Moses the 10 Commandments. This journey is about 250 miles and involved some travel through some rugged terrain. On Mt. Horeb, the main lesson for Elijah was that Almighty God was quietly, sometimes imperceptibly, doing His work in Israel (v. 18).

The R.E.A.D. Method of Studying the Bible:

1. R. _____ the Text: read anywhere you want, but pick a plan. Read the passage over and over. Meditate in it. Soak in it.
2. E. _____ its meaning: Until it becomes alive. Study the context, look up words you do not know, check any references that are listed in your Bible to other passages.
3. A. _____ it: Write out what action steps you sense from your study of the passage. What does God want you to do in light of the passage you are studying?
4. D. _____ the passage: Make notes, highlight any passage that you sense the Holy Spirit of God is illuminating to you. You can make drawings, work to memorize the key passages, write out a brief devotional from the passage. Outlines.