



1 Kings 17-18 & 1 Kings 19: 1-4

IF IM IN DARK DAYS, HOW DID I GET HERE?

1. The _____ Down Often Follows the _____ Down.

2. A Drained Soul Can Come From:

- The _____ After the _____ Rush
- Dealing with _____ People and _____ Situations
- Physical and Emotional _____
- _____
- _____

THE ONE THING

Jesus Knows the _____ Out of the _____ !

HOW DO I GET OUT?

1. Get a Handle on _____ and _____ Needs.

1 Kings 19: 5-8 ⁵ Then he lay down under the bush and fell asleep.

All at once an angel touched him and said, "Get up and eat."⁶ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

⁷ 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."⁸ So 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.

2. Have an _____ Conversation with _____.

1 Kings 19: 9-10 ⁹ There he went into a cave and spent the night.

And the word of the Lord came to him: "What are you doing here, Elijah?"

¹⁰ He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

3. Have an _____ Conversation with _____.

1 Kings 19: 11-14 ¹¹ The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by."

Then 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. ¹³ 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?"

¹⁴ He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

4. Walk with Jesus _____ and _____ of the Cave.

5. Get Back to Serving _____ and _____.

1 Kings 19: 15-18 ¹⁵ The Lord said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. ¹⁶ Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. ¹⁷ Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. ¹⁸ Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him."