



November 15, 2020 | Part 4: The Turbulence of Emotional Fatigue What to Do When You're Fed Up

1 Kings 19:1-4 When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. ² So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them." ³ Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. ⁴ Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors who have already died."

What Did God Do?

1 Kings 19:5-8 Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" ⁶ He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. ⁷ Then the angel of the Lord came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you." ⁸ So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God.

1. God Started with Elijah's _____ Needs: Food, Rest, Exercise.

1 Kings 19:9-14

2. God Provided His _____ and counseled with _____.

1 Kings 19:15-18

3. God Reminded Elijah that He Wasn't _____ and Gave Him _____.

1 Kings 19:19-20

What I Often Don't Do That I Should: Have an

_____ **Conversation with God.**

If I'm Fed Up, What Do I Need to Do?

1. The Starting Point: Start with _____ Needs: Eat, _____, Exercise.
2. Emotionally Honest Conversations: Tell God That I'm _____.
3. An Ongoing Process: Take the _____ Step with Jesus.

The One Last Thing:

Expect My Emotionally Honest Conversations with Jesus to Correct

My _____ Problems and My _____ Problems.

2 Kings 2:11-12