

## Overcoming Discouragement

### 1 Kings 19

#### I. There will be High and Lows when we follow God.

##### A. The next day, a great threat comes to Elijah's life and ministry:

**1 Kings 19:1-3** — <sup>1</sup> Now Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. <sup>2</sup> Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and even more, if I do not make your life as the life of one of them by tomorrow about this time." <sup>3</sup> And he was afraid and arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there."

1. What were the circumstances that came upon Elijah after the victor on Mt. Carmel?
2. Should Elijah have fled from this danger? (Why or why not)
3. What's the first thing we should do in a moment of crisis?

##### B. Elijah faces deep emotional discouragement.

**1 Kings 19:4** — <sup>4</sup> But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, "**It is enough**; now, O Lord, take my life, for I am not better than my fathers."

1. What exactly is the request of Elijah (v4) and does God answer it?
2. What might Elijah mean when he said, "**It is enough**"?
3. When have you ever had enough in life's low times?
4. **Lesson:**
  - a. We cannot live today's trial on yesterday's faith.
  - b. Our spiritual highs may be followed by spiritual lows.

#### II. Trusting God in times of discouragement:

##### A. Identify all that God did to restore Elijah?

**1 Kings 19:5-8** — <sup>5</sup> He lay down and slept under a juniper tree; and behold, there was an angel touching him, and he said to him, "Arise, eat." <sup>6</sup> Then he looked and behold, there was at his head a bread cake baked on hot stones, and a jar of water. So he ate and drank and lay down again. <sup>7</sup> The angel of the Lord came again a second time and touched him and said, "Arise, eat, because the journey is too great for you." <sup>8</sup> So he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mountain of God."

1. God allows Elijah time to \_\_\_\_\_.
2. God sent Him a voice with practical \_\_\_\_\_.
3. God provided \_\_\_\_\_.
4. Once we have rested, we need to meet with \_\_\_\_\_.

**B. Application: What should we remember in times of fear and discouragement?**

1. **Psalm 4:8** — *"<sup>8</sup> In peace I will both lie down and sleep, For You alone, O LORD, make me to dwell in safety."*
2. **Psalm 23:4** — *"<sup>4</sup> Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me."*
3. **Isaiah 35:4** — *"<sup>4</sup> Say to those with anxious heart, "Take courage, fear not. Behold, your God will come with vengeance; The recompense of God will come, But He will save you.""*
4. **Romans 8:37–39** — *"<sup>37</sup> But in all these things we overwhelmingly conquer through Him who loved us. <sup>38</sup> For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, <sup>39</sup> nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord."*
5. **2 Timothy 1:7** — *"<sup>7</sup> For God has not given us a spirit of timidity, but of power and love and discipline."*
6. **Romans 8:31** — *"<sup>31</sup> What then shall we say to these things? If God is for us, who is against us?"*