

Sermon Notes for February 14, 2021

WHEN A SETBACK LEAVES YOU EMOTIONALLY EMPTY

Series: HOW GOD TURNS SETBACKS INTO COMEBACKS

¹ Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ² So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." ³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." ⁵ Then he lay down under the tree and fell asleep. All at once an angel touched him and said, "Get up and eat." ... ¹⁰ He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken 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." **1 Kings 19:1-5, 10 (NIV)**

1. TEN INDICATORS MY EMOTIONAL TANK IS EMPTY

1) _____ Creeps Into My Life

"Elijah was afraid"

2) I Find Myself _____ From Things

"Elijah ran for his life"

3) I Start Backing Out _____

"He left his servant in Beersheba"

4) I Make _____, Impulsive Decisions

"He went a day's journey into the desert"

5) I Push Myself Past My _____ Limits

"he sat under a broom tree and prayed he might die"

6) My Work Seems _____

"I am no better than my ancestors"

7) I Complain That I Want to _____ and _____

"I have had enough, Lord"

8) I Feel _____ and Attacked

"I am the only one left"

9) I Compare Myself To Others and I Feel _____ About Me

"I Am No Better Than My Ancestors"

10) I Think _____ Might Bring Relief

"Take My Life, Lord"

2. HOW GOD REFILLS MY EMOTIONAL TANK

1) God Makes Me _____

² He makes me lie down in green pastures, he leads me beside quiet waters, ³ he restores my soul. He guides me in paths of righteousness for his name's sake.

Psalm 23:2-3 (NIV)

⁵ 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."

1 Kings 19:5-7 (NLT2)

2) God Encourages Me to Release My _____

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. ⁹ There he came to a cave, where he spent the night. But the LORD said to him, "What are you doing here, Elijah?"

1 Kings 19:8-9 (NLT2)

3) God Tells Me to _____ and _____ on Him

¹¹ "Go out and stand before me on the mountain," the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. ¹² And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper. ¹³ When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And a voice said, "What are you doing here, Elijah?" **1 Kings 19:11-13 (NLT2)**

²² Because of the LORD's great love we are not consumed, for his compassions never fail. ²³ They are new every morning; great is your faithfulness. ²⁴ I say to myself, "The LORD is my portion; therefore I will wait for him."

Lamentations 3:22-24 (NIV)

¹⁵ Then the LORD said to him: "Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael as king over Syria. ¹⁶ Also you shall anoint Jehu the son of Nimshi as king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint as prophet in your place. **1 Kings 19:15-16 (NKJV)**