



Series: Hard Truths | Big Help

INTRODUCTION

Elijah's great victory with God on Mount Carmel is one of the greatest public victories in the Bible. If anyone looked fearless, it was Elijah. Yet "after the fire" and within a few days, that same prophet would be alone under a tree asking God to let him die!

No enemy had defeated him publicly. No false prophet had overcome him. No false god had answered his challenge. Yet privately, he fell apart emotionally and was very discouraged.

Many can relate to the great experiences of life – youth camp, revival meetings, mission trips, and great life-changing adventures. But fewer understand what to do when the crowd is gone, the adrenaline leaves, the prayer meeting ends, and the heart suddenly feels empty and afraid.

This week's hard truth is one the older generation knows very well:

Sometimes the biggest struggles in life come after great victories.

1. Elijah's Great Victory – God brought the FIRE down!

1 Kings 18:19 – "Now therefore send, and gather to me all Israel unto mount Carmel, and the prophets of Baal four hundred and fifty, and the prophets of the groves four hundred, which eat at Jezebel's table."

1 Kings 18:39 – "And when all the people saw it, they fell on their faces: and they said, The LORD, he is the God; the LORD, he is the God."

1 Kings 18:46 – "And the hand of the LORD was on Elijah; and he girded up his loins, and ran before Ahab to the entrance of Jezreel."

Insights:

- ✓ Elijah had prayed down fire from heaven.
- ✓ He had defeated the false prophets and slain them.
- ✓ He had witnessed a national awakening of God's people.

Key Truths

- ✓ God that made the world still intervenes in His world and allows us to join Him at work!
- ✓ ***Mt 28:18-20*** – "All power is given unto me in heaven and in earth. Go ye therefore!"
- ✓ ***Heb 13:8*** – "Jesus Christ **the same** yesterday, and to day, and for ever."

2. Elijah's Great Struggle – Within a few days, he was ready to QUIT and end his life!

1 Kings 19:4 – "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 away my life; for I am not better than my fathers."

Insights:

- ✓ Immediately afterward, fear had entered from one message of threatening by Jezebel.
- ✓ His discouragement deepened and brought him to a very low state of **depression**.
- ✓ **Why Elijah became vulnerable:**
 - **PHYSICAL exhaustion** – after intense spiritual conflict, he outran a chariot from Carmel to Jezreel (15 mi.) in storm conditions (great rain), then “went for his life” to Beersheba (100 mi.)
 - **EMOTIONAL depletion** – he had endured intense emotional and spiritual warfare.
 - **Unmet EXPECTATION** – he may have expected immediate positive results or blessing.
 - **Sudden FEAR** – one threat became larger than the previous miracle in his thinking.

Key Truth

- ✓ A great spiritual victory does not automatically remove fleshly weakness. **Mark 14:28**

Practical Applications

- ✓ Weary believers may misread circumstances, exaggerate fears, and feel abandoned.
- ✓ Some of your most vulnerable days may come after high points in your life. **2 Sam 11**
- ✓ Some of your deepest discouragement may come after times of great effort.

3. God’s Response to Elijah’s Struggles

1 Kings 19:5-8 – “And as he lay and slept... an angel touched him... Arise and eat.”

1 Kings 19:11-13 – “... after the fire a still small voice... What doest thou here, Elijah?”

Insights:

- ✓ God first cared for Elijah by giving him sleep, food, water, and rest.
- ✓ First came wind, earthquake, and fire – but God was not in them... then a still small voice!

Key Truths

- ✓ God cared for and ministered to Elijah **BEFORE** he corrected him (not treated as a failure).
- ✓ God speaks clearest at times after the **NOISE** has ended and quiet time ensues.
- ✓ God gave Elijah 4 things to recover: rest, truth, perspective, and a renewed purpose.

5. THE OLDER GENERATION

Listen to their Testimonies:

- ✓ “Fatigue distorted my perspective of reality.”
- ✓ “Weariness in the flesh magnified my fears.”
- ✓ “When my mind was tired, I misread spiritual truths.”

YOUR TESTIMONY:

6. PRACTICAL WISDOM FOR ALL GENERATIONS

- ✓ A tired person may believe that nobody cares, nothing is changing, and God is distant.
- ✓ After resting, a distressing situation often looks very different. **Mark 6:31 – ... rest a while**
- ✓ Not every important word from God comes dramatically. **Moses (bush), Samuel (night)**
- ✓ God often gives direction in quiet: prayer, Bible reading, and stillness. **Ps 46:10; Isa 30:7**
- ✓ One of God’s remedies for depression is a new assignment. **Peter – Jn 21:16-17; Acts 2-5**

To the younger generations:

Do not trust tired thoughts. Do not isolate. Be still and seek rest and quiet truth from God.

To the older generations:

Be an example for the younger believers; share your personal testimony of this truth.