

RUNNING ON EMPTY

Making a Comeback – Part 5

“Elijah was a person just like us . . .” James 5:17

“King Ahab told his wife Jezebel everything Elijah had done and how he ordered the death of all of her false prophets of Baal. So, the queen sent this threat to Elijah: ‘May my gods strike me dead if I don’t kill you by this time tomorrow!’ Elijah was afraid and he ran for his life; he left his servant in the town of Beersheba and he walked for a full day into the desert. Finally, he came to a broom tree and he collapsed under its shade. There he prayed that he might die. He said ‘God, I have had enough! Take my life! Just let me die! For I am no better than my ancestors!’ Exhausted, he fell asleep under that broom tree. . . (later) Elijah told God ‘I’ve always worked hard for you Lord, but your people have abandoned your covenant, destroyed your places of worship, and murdered all your true prophets. I am the only one left! And now they are trying to kill me too!’” 1 Kings 19:1-5, 10

HOW CAN WE KNOW WHEN OUR EMOTIONAL TANK IS BEING DRAINED OR EMPTY?

1. **FEAR** seeps into my life.
2. I find myself **RUNNING AWAY** from things.
3. I start **BACKING OUT** of relationships.
4. I make foolish, impulsive **DECISIONS**.
5. I **IGNORE** my physical limits.
6. I feel **BURNED OUT** in my work.
7. I **COMPLAIN** and want to **QUIT** and give up.
8. I feel **ALONE** and attacked.
9. I **COMPARE** myself to others and I **DEPRECIATE** my own worth.
10. I think **DEATH** might bring relief.

"Actually, Elijah, there are 7,000 other faithful souls in Israel who have not bowed down their knees to the false god of Baal." 1 Kings 19:18

THE KEY STEPS GOD DOES TO REFILL OUR EMOTIONAL TANK?

KEY STEP #1: God makes me **REST**.

"He makes me lie down in green pastures, he leads me beside still waters, he restores my soul!" Psalm 23:2-3

“Then Elijah laid down and slept under the broom tree. But as he was sleeping, an angel touched him and said, ‘Get up and eat!’ He looked around and saw some bread baked on hot stones and a jar of water! So, he ate and drank and laid down again, and went back to sleep! Then the angel of the Lord came again and touched him and said, ‘Get up and eat some more, for there is a long journey ahead of you.’ So, Elijah got up and ate and drank again, and his strength was revived. . .” 1 Kings 19:5-7

"God wants his loved one to get their proper rest." Psalm 127:2

KEY STEP #2: God encourages me to **RELEASE** my frustrations.

“Next, Elijah traveled 40 days to get to Mount Sinai, the mountain of God. There he came to a cave, where he spent the night. But the Lord said to him, ‘What are you doing here, Elijah?’ Then Elijah said. . .” 1 Kings 19:8-9

"Cast all your cares on him because he cares for you." 1 Peter 5:7

KEY STEP #3: God tells me to remember and **REFOCUS** on Him.

“The Lord said to Elijah, ‘Go, stand in front of me on the mountain, and I will pass by you’ Then a very strong wind blew past. . . But the Lord was not in the wind. After that, there was an earthquake, but the Lord was not in the earthquake. Then there was a wildfire, but the Lord was not in the fire. But then, there was a quiet, gentle sound. When Elijah heard it, he covered his face with his coat and went out and stood at the entrance to the cave. And voice said ‘Elijah! Why are you still here?’” 1 Kings 19:11-13

“Just thinking of my troubles and my wandering fills me with sadness and bitterness. It’s all I ever think about, and I am depressed. But then I remember something that fills me with hope: The Lord’s steadfast love never ends! His unfailing mercy keeps me from being wiped out. Because of his great faithfulness, each new day he is always kind to me. So deep in my heart I say ‘I say to myself ‘The Lord is all I need. He is my real hope!’” Lamentations 3:19-24

“Go back the way you came . . . to the desert of Damascus. When you get there, anoint Hazael . . . and Jehu . . . and Elisha . . .” 1 Kings 19:15-16