

KEEPING MY FAITH FROM FLAMING OUT

GAME PLAN: Part 1

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1 Kings 19:1–16 (NLT)

Elijah was a man just like us. (James 5:17a, NIV)

Elijah

- Declares no rain to King Ahab
- Fed by God in the wilderness
- Stays with widow; miraculously fed; heals her son.
- Showdown at Mt. Carmel with prophets of Baal & Asherah.
- Jezebel seeks to kill Elijah.
- Elijah flees to the desert.

SYMPTOMS OF BURNOUT

1. We overrate the **ENEMY**.
Elijah was afraid and fled for his life. (1 Kings 19:3a, NLT)
2. We depreciate our **WORTH**.
Then he went on alone into the wilderness...sat down under a solitary broom tree and prayed... 'I am no better than my ancestors.'" (1 Kings 19:4, NLT)
3. We underrate our **WORK**.
"I have worked very hard for the Lord God of the heavens; but the people of Israel have broken their covenant..." (1 Kings 19:10, The Living Bible)
4. We exaggerate our **PROBLEMS**.
"...I am the only one left, and now they are trying to kill me, too." (1 Kings 19:10, NLT)
5. We abdicate our **DREAMS**.
"I have had enough, Lord," he said. "Take my life..." (1 Kings 19:4, NLT)

THE CURE FOR BURNOUT

1. **REST** your body.

Then he lay down under the tree and fell asleep...an angel touched him and said, "Get up and eat."...He ate and drank and then lay down again. The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." (1 Kings 19:5-7, NIV)

The apostles returned to Jesus from their ministry tour and told him all they had done and taught. Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." (Mark 6:30-31a, NLT)

2. **RELEASE** your frustrations to God.

He replied, "I have worked very hard for the Lord God of the heavens; but the people of Israel have broken their covenant with you..." (1 Kings 19:10, The Living Bible)

Elijah's Frustrations:

☠ Fear (vs. 3)	☠ Anger (vs. 10)
☠ Resentment (vs. 4)	☠ Loneliness (vs. 10b)
☠ Low self-esteem (vs. 4b)	☠ Worry (vs. 10c)

Cast all your cares on him because he cares for you. (1 Peter 5:7, NET)

3. **RECEIVE** a fresh encounter with God.

Then he was told, "Go, stand on the mountain before God. God will pass by." 1 Kings 19:11, The Message)

"Reverence for God gives a man deep strength..." (Proverbs 14:26, The Living Bible)

4. **REFOCUS** on your mission.

Then the Lord told him, "Go back the same way you came...When you arrive there, anoint Hazael to be king of Aram. (1 Kings 19:15, NLT)

And let us not get tired of doing what is right, for after a while we will reap a harvest of blessing if we don't get discouraged and give up. (Galatians 6:9, The Living Bible)

5. **REMEMBER** you're not alone.

Then anoint Jehu...to be king of Israel, and anoint Elisha...to replace you as my prophet. (1 Kings 19:16, NLT)

"And incidentally, there are 7,000 men in Israel who have never bowed to Baal nor kissed him!" (1 Kings 19:18, The Living Bible)

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (Isaiah 40:30-31, NIV)

ACTION STEP
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