

SERMON NOTES:

Formed By... | *What is forming you - and who are you becoming?*

Part 3: When The Soul Gets Tired

BIG Idea: God does not shame the exhausted soul; He meets them with care, presence, truth, and a way forward.

Application: Recognize what is happening within you, receive the care God is providing, and reorient what exhaustion or disappointment has caused you to believe around what God says is true.

Join us as we read the Bible together in 2026.

<https://bit.ly/ReadwithMe26>

God does not shame the exhausted soul; He meets them with care, presence, truth, and a way forward.

1 Kings 19:4 NLT

⁴Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors who have already died."

ELIJAH'S STORY

1. Elijah declares NO RAIN before king Ahab.

1 Kings 17:1 (NLT)

¹Now Elijah, who was from Tishbe in Gilead, told King Ahab, "As surely as the Lord, the God of Israel, lives—the God I serve—there will be no dew or rain during the next few years until I give the word!"

2. God sends Elijah to the Kerith Brook. **(1 Kings 17:2-7)**
3. God sends Elijah to Zarephath than to a widow. **(1 Kings 17:8-16)**
4. Elijah prays for the widow's son to come back to life. **(1 Kings 17:17-24)**
5. God tells Elijah to show himself to Ahab and pray for rain.

1 Kings 18:1 (NLT)

¹Later on, in the third year of the drought, the Lord said to Elijah, "Go and present yourself to King Ahab. Tell him that I will soon send rain!" ²So Elijah went to appear before Ahab.

6. Elijah choses to have a contest at Mt. Carmel.

1 Kings 18:16- 19 (NLT)

¹⁶So Obadiah went to tell Ahab that Elijah had come, and Ahab went out to meet Elijah. ¹⁷When Ahab saw him, he exclaimed, "So, is it really you, you troublemaker of Israel?" ¹⁸"I have made

no trouble for Israel,” Elijah replied. “You and your family are the troublemakers, for you have refused to obey the commands of the Lord and have worshiped the images of Baal instead.¹⁹ Now summon all Israel to join me at Mount Carmel, along with the 450 prophets of Baal and the 400 prophets of Asherah who are supported by Jezebel.”

7. Elijah goes to pray for rain. **(1 Kings 18:41-46)**
8. Elijah is told that Jezebel has pledged to kill him. **(1 Kings 19:1-2)**
9. Elijah drops off his servant and then travels a days journey in the wilderness. It’s here that he wants to die, where he pleads for God to kill him.

1 Kings 19:3-4 (NLT)

³Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there.⁴ Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.”

10. God sends an angel to feed Elijah twice. **(1 Kings 19:5-8)**

- **Exhaustion can distort our perspective of ourselves, other people, and God.**
- **What you feel is real, but it may not be the whole truth.**

11. God sends Elijah to Mt. Sinai and reveals Himself to Elijah.

1 Kings 19:9-10 (NLT)

⁹But the Lord said to him, “What are you doing here, Elijah?” ¹⁰Elijah replied, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.”

1. God gives Elijah a mission to appoint and to anoint. **(1 Kings 19:15-18)**

Matthew 17: 1-3 (NLT)

Six days later Jesus took Peter and the two brothers, James and John, and led them up a high mountain to be alone. ²As the men watched, Jesus’ appearance was transformed so that his face shone like the sun, and his clothes became as white as light.³Suddenly, Moses and Elijah appeared and began talking with Jesus.

Three R’s that can help FORM you when life is exhausting and disappointing:

1. **Recognize:** What is happening within me?
2. **Receive:** What care rest, truth, or help is God providing?
3. **Reorient:** What has exhaustion or disappointments have caused me to believe falsehoods and is God saying that is true?