



## **WHEN A SETBACK LEAVES YOU EMOTIONALLY EMPTY**

Comeback Pt 3  
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1 Kings 19:1-5, 10

### **HOW DO I KNOW WHEN MY EMOTIONAL TANK IS EMPTY?**

**1. FEAR CREEPS INTO MY LIFE.**

*Elijah was afraid...*

**2. I FIND MYSELF RUNNING AWAY FROM THINGS.**

*Elijah ran for his life...*

**3. I START BACKING OUT OF RELATIONSHIPS.**

*He left his servant in the town of Beersheba.*

**4. I MAKE DECISIONS IMPULSIVELY.**

*He walked for a full day into the desert.*

**5. I PUSH MYSELF PAST MY PHYSICAL LIMITS.**

*He collapsed under some shade.*

**6. MY WORK SEEMS POINTLESS.**

*I've worked hard... (but haven't seen any results or change)*

**7. I COMPLAIN THAT I WANT TO GIVE UP.**

*God, I have had enough!*

**8. I FEEL ISOLATED AND ATTACKED.**

*I'm the only one left – and they are trying to kill me too!*

**9. I COMPARE MYSELF TO OTHERS & I FEEL BAD ABOUT ME.**

*For I am no better than my ancestors!*

**10. I THINK DEATH MIGHT BRING RELIEF.**

*Elijah prayed that he might die: "Take my life, Lord! Just let me die!"*

*Elijah was a person just like us... (James 5:17)*

## HOW DOES GOD REFILL MY EMOTIONAL TANK?

### 1. GOD MAKES ME REST MY BODY.

He makes me lie down in green pastures, he leads me beside quiet 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 NLT)

### 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 NLT)

### 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, "**The Lord is all I need. He is my real hope!**" (Lamentations 3:19-24)