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I HAVE A FRIEND WHO...IS CONSUMED WITH WORRY

THE LIFE OF ELIJAH

1 KINGS 17, 18 & 19

4 TRUTHS ABOUT WORRY (ANXIETY):

1. It can affect even the most **FAITHFUL** believers.

"Elijah was afraid and fled for his life... he went on alone into the wilderness...and prayed that he might die. 'I have had enough, Lord,' he said. 'Take my life..'" 1 Kings 19:3-4 (NLT)

2. It often sneaks in when we are **TIRED** or **OVERWHELMED**.

"Then he [Elijah] lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, 'Get up and eat!' He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. Then the angel of the LORD came again and touched him and said, 'Get up and eat some more, or the journey ahead will be too much for you.'" 1 Kings 19:5-7 (NLT)

3. It leaves us feeling **ISOLATED** from others.

"Elijah 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 Kings 19:10 (NLT)

4. It leaves us feeling **DISTANT** from God.

"Go out and stand before Me on the mountain,' the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain...but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. And after the earthquake there was a fire, but the Lord was not in the fire..." 1 Kings 19:11-12 (NLT)

5. It robs us of **PEACE** and **JOY**.

"[Elijah] replied again, 'I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, I am the only one left, and now they are trying to kill me, too.'" Kings 19:14 (NLT)

So, WHAT DO I DO?

1. Be **STILL** and **WAIT**.

"Be still and know that I am God." Psalm 46:10 (NIV)

"But they who wait upon the Lord shall renew their strength..." Isaiah 40:31 (ESV)

2. **SEEK GOD** in the waiting.

"But seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:33-34 (NIV)

3. Turn **WORRY** into **PRAYER**.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philipians 4:6-7 (NIV)

4. **CHOOSE** to trust God.

"Trust in the Lord with all your heart and lean not on your own understanding" Proverbs 3:5 (NIV)

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." Joshua 1:9 (NIV)