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MAY 26, 2021

- **I ALLOW FEAR TO _____ ME**
1 KINGS 19:2 Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time.
- **I FIND MYSELF AVOIDING _____**
1 KINGS 19:3 "And when he saw that, he arose, and went for his life.."
- **I START PULLING AWAY FROM _____**
1 KINGS 19:3 "...and came to Beer-sheba, which belongeth to Judah, and left his servant there.
- **I MAKE FOOLISH DECISIONS _____**
1 KINGS 19:4 "But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree.."
- **I PUSH MYSELF PAST MY _____ LIMITS**
1 KINGS 19:5 "And as he lay and slept under a juniper tree.."
- **I FEEL LIKE MY WORK IS _____**
1 KINGS 19:10 "And he said, I have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword.."
- **I FEEL LIKE _____**
1 KINGS 19:4 "...and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers."
- **I START FEELING _____**
1 KINGS 19:10 "...even I only, am left; and they seek my life, to take it away."
- **I START _____ MYSELF WITH OTHERS AND FEEL WORSE**
1 KINGS 19:4 "...for I am not better than my fathers."
- **I THINK DEATH WOULD BRING _____**
1 KINGS 19:4 "...O LORD, take away my life.."

3 WAYS GOD RE-FUEL'S YOUR TANK

- * **GOD TELLS YOU TO _____ YOUR BODY**
1 Kings 19:5-7 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat. And he looked, and, behold, there was a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again. And the angel of the LORD came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee.
- * **GOD ADMONISHES YOU TO _____ TO HIM**
1 Kings 19:8-9 And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God. And he came thither unto a cave, and lodged there; and, behold, the word of the LORD came to him, and he said unto him, What doest thou here, Elijah?
- * **GOD SPEAKS TO YOU IN A _____ VOICE**
1 Kings 19:11-13 And he said, Go forth, and stand upon the mount before the LORD. And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; but the LORD was not in the wind: and after the wind an earthquake; but the LORD was not in the earthquake: And after the earthquake a fire; but the LORD was not in the fire: and after the fire a still small voice. And it was so, when Elijah heard it, that he wrapped his face in his mantle, and went out, and stood in the entering in of the cave. And, behold, there came a voice unto him, and said, What doest thou here, Elijah?

"Rest time is not waste time. It is wisdom to take occasional furlough. In the long run, we shall do more by sometimes doing less."

CHARLES HADDON SPURGEON