

WHEN THE BIONIC MAN HITS BOTTOM

JEANNE MAYO 100X LEADERSHIP PODCAST

Mark 4:8, *“Still other seed fell on good soil. It came up, grew and produced a crop, some multiplying thirty, some sixty, some a hundred times.”*

1. An overview of the 1 Kings 18 account of Elijah at Mt Carmel.
 - a. Elijah has a showdown with the prophets of Baal (450 of them vs Elijah).
 - b. Right after he challenged Israel, *“How long will you halt between two opinions?”* (1 Kings 18:21)
 - c. Fire consumed the sacrifices.
 - Proving that Elijah was THE MAN and then Elijah had all 450 prophets of Baal killed!
 - We serve a God who is alive and will show up!

2. Then the Bionic Guy, Elijah, faces off with Jezebel:
 - a. Jezebel sends a message that she is going to kill him the very next day. Parts of 1 Kings 19:3 reads, *“And Elijah _____ and _____.”*
 - b. When you’re EMOTIONALLY DRAINED, beware of even the LITTLEST STRAWS that can be used by the Enemy to break the _____ BACK.
 - We become drained when we don’t know when to say, “NO,” refusing to take time to rest.
 - We all know the importance of the Sabbath, but most of us don’t take it.

3. ELIJAH LEAVES HIS SERVANT BEHIND and sends himself _____ into the desert. (1 Kings 19:3-4)
 - a. Alone time can be healthy. But sustained isolation is emotional and spiritual suicide.

- b. THE ENEMY'S PURPOSE in my life is not only to put me in Hell eternally but to begin that Hell right now in me.
- He does that often by getting us backed into a corner when we're emotionally and spiritually depleted.
 - And just like the LITERAL HELL, we are cut off...separated...isolated... and agonizingly alone.
4. We forget in the desert and isolation that God's name is, "I _____ THAT I _____." NOT "I _____ that I _____!"
- a. We all have to remind ourselves often that Christian leadership is NOT primarily a life of DOING...even more, it's a life of BEING.
- b. When I was a little girl. At night, before I fell asleep, I would sometimes get scared. And I would call into the other room, "Momma!"
- She would answer: "What do you want Jeanne?"
 - My answer: I'd simply say, "I just wanted to make sure you're _____."
- c. A story is told about a brilliant engineer on a First Class flight with Delta. He got a little tipsy, so he started challenging a Christian who sat next to him.
- "Why do you think Jesus did something as dumb as walking on the water? What was He trying to prove by that?"
 - The Christian's answer: "Maybe He just wanted to remind His disciples HOW MUCH He loved them."
- d. The closer we move to Jesus, the LESS WE HAVE TO PROVE.
- e. And the less I have to PROVE, the easier it is for me to weather the moments when I feel like I've HIT BOTTOM and make it back up eventually for air.
5. What are some of God's answers when we, as the bionic leaders, hit bottom?
- a. 1 Kings 19:4, *"Elijah comes to a juniper tree in the middle of a desert. And he*

sits down and prays that he will die. 'I've had enough, Lord. Take my life.'"

- b. Verses 5-8, God's super practical answer to Elijah: "_____...
_____...and _____...for the journey is too much for
you."
- c. 1 Kings 19:9-12, "And there Elijah went into a cave, and spent the night in that
place; and behold, the word of the Lord came to him, and He said to him,
'What are you doing here, Elijah?'

*So he said, 'I have been very zealous for the Lord God of hosts; for the
children of Israel have forsaken Your covenant, torn down Your altars, and
killed Your prophets with the sword. I alone am left; and they seek to take
my life.'*

*Then Jehovah said, 'Go out, and stand on the mountain before the Lord.'
And behold, the Lord passed by, and a great and strong wind tore into the
mountains and broke the rocks in pieces before the Lord, but the Lord was
not in the wind; and after the wind came 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 the Lord WAS IN THE _____...
voice."

6. CLOSING:

- a. Some of you are thinking about quitting.
- Quitting your leadership...
 - Quitting your marriage or family...
 - Quitting your Christianity.
- b. It's not a mistake you connected with this podcast today.
- Jesus has come to LOVE YOU BACK TO SPIRITUAL SANITY.

Answers:

WAS AFRAID; RAN FOR HIS LIFE; STRONGEST CAMEL'S; ALONE; AM; AM; DO;
DO; STILL THERE; Sleep; eat; drink; SMALL; still