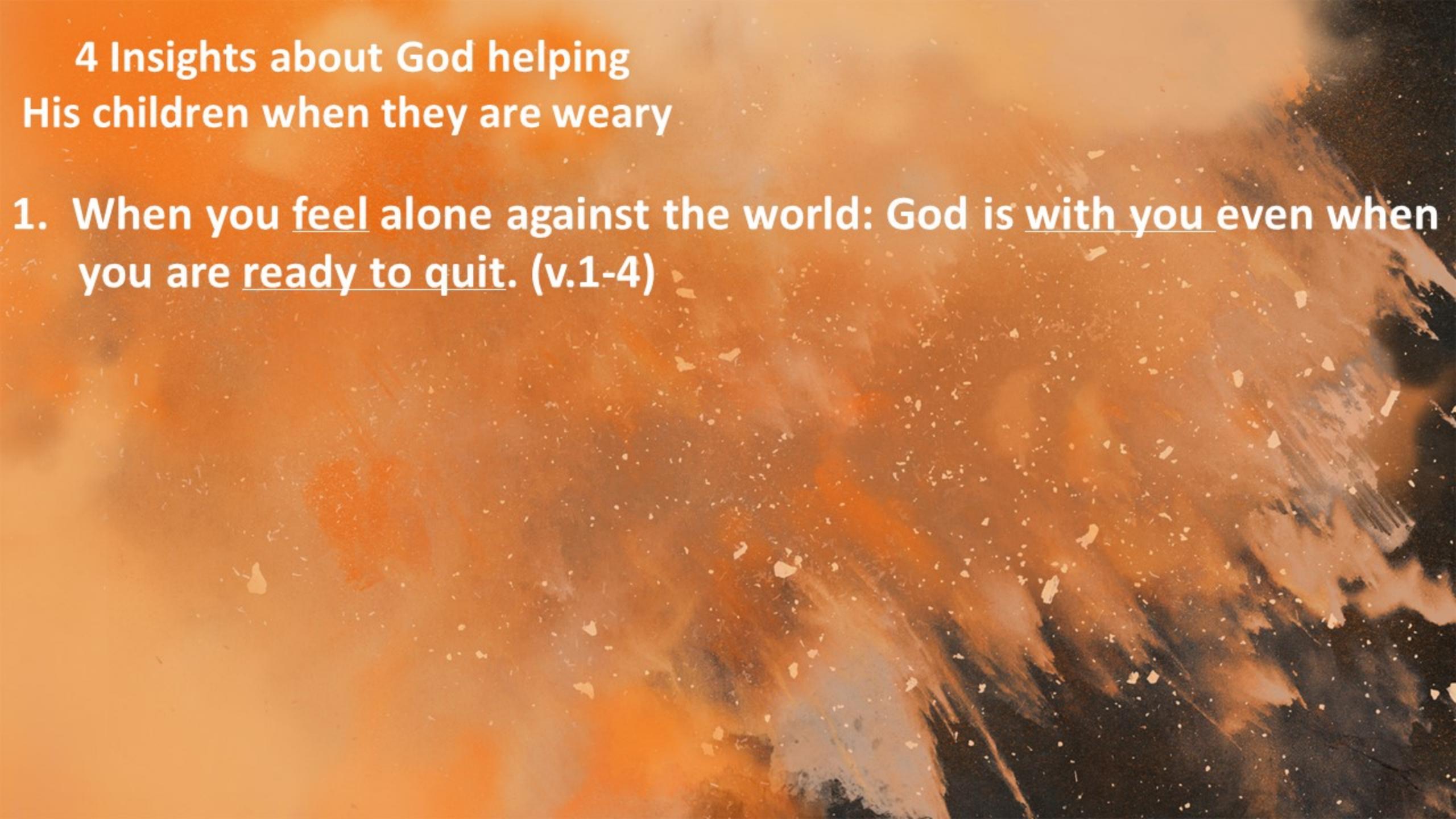


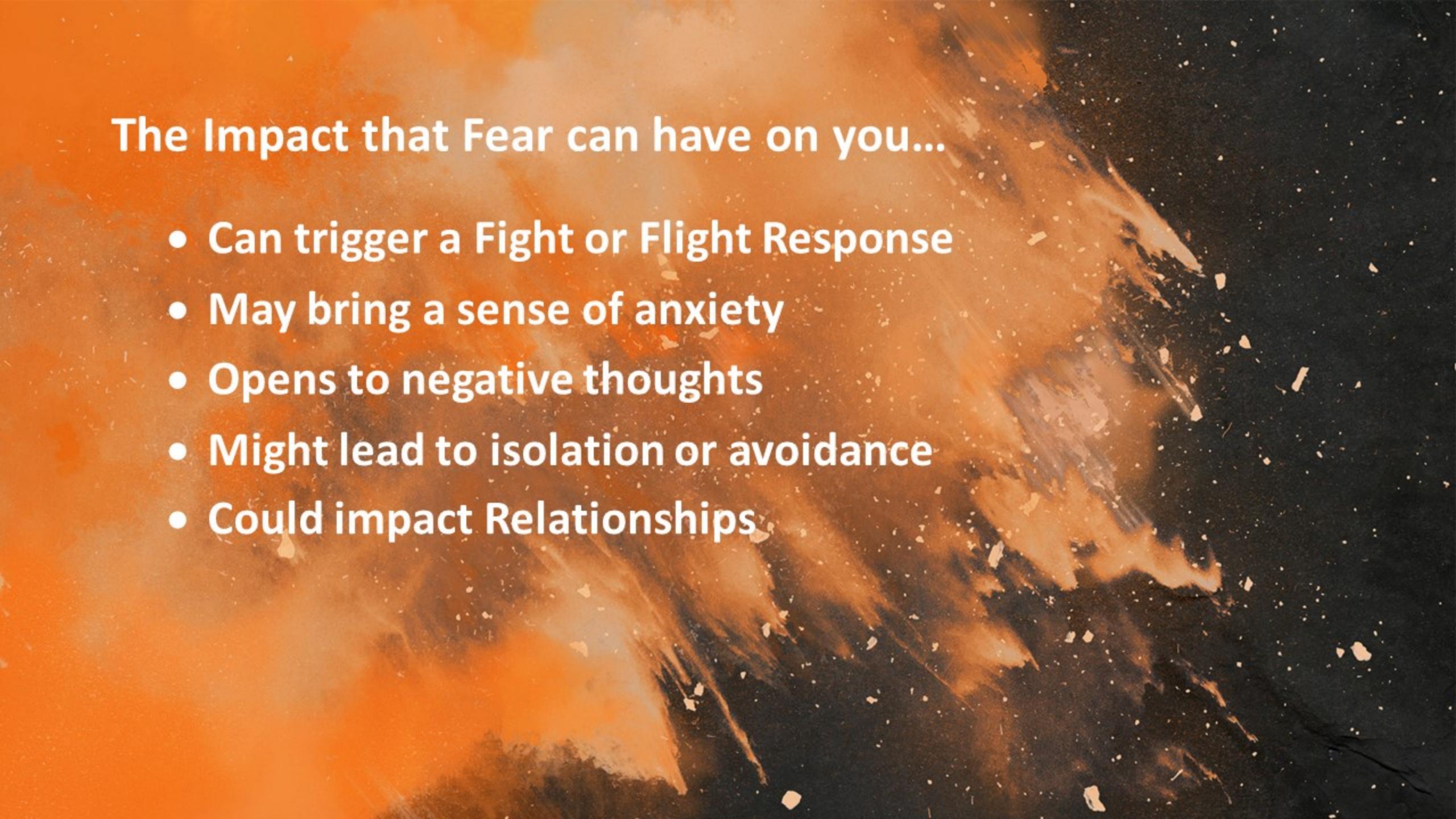
a study in the lives and ministries of Elijah and Elisha

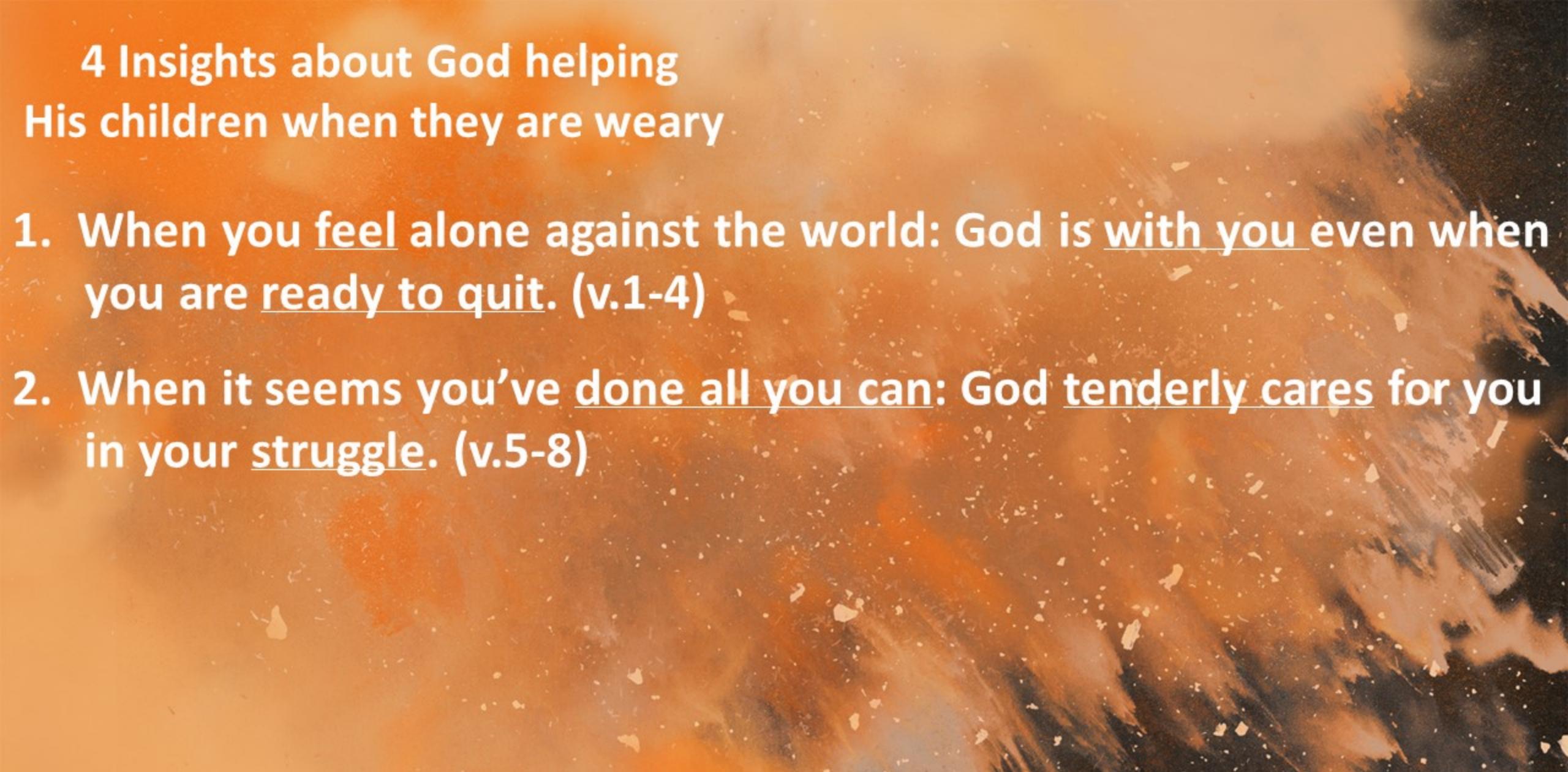
"The God of the Worn and Weary"

1 Kings 19:1-18









"The spirit needs to be fed, and the body needs feeding also. Do not forget these matters; it may seem to some people that I ought not to mention such small things as food and rest, but these may be the very first elements in really helping a poor depressed servant of God." -Charles Spurgeon

"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." Matthew 11:28-30

"Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, / for He cares for you." 1 Peter 5:6-7

## 4 Insights about God helping His children when they are weary

- 1. When you feel alone against the world: God is with you even when you are ready to quit. (v.1-4)
- 2. When it seems you've done all you can: God tenderly cares for you in your struggle. (v.5-8)
- 3. When the road ahead seems <u>unclear</u>: God <u>knows</u> your <u>anxiety</u> and <u>speaks</u> in a <u>personal way</u> to you. (v.9-14)
- 4. When you question your <u>usefulness</u>: God <u>refocuses you</u> on <u>serving Him</u> in His will. (v.15-18)

## Things to do when you are weary:

- Pray.
- Rest.
- Bible study
- Take a walk in God's natural setting.
- Listen to some worship music.
- Do some planting.
- Read The Valley of Vision.
- Count your blessings.
- Make some greeting cards and send them to people in need.
- Visit a housebound church member and seek to encourage them.
- Get off social media.