

THE
VOICE
OF THE PROPHETS

a study in the lives and ministries of Elijah and Elisha

“The God of the Worn and Weary”

1 Kings 19:1-18

What Causes Christians to Become Weary?

By Lisa Loraine Baker

- Impatience
- Social media
- Gossip
- Long-term illness
- Grief
- Betrayal

**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)**

The Impact that Fear can have on you...

- **Can trigger a Fight or Flight Response**
- **May bring a sense of anxiety**
- **Opens to negative thoughts**
- **Might lead to isolation or avoidance**
- **Could impact Relationships**

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)



“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 unclear: God knows your anxiety and speaks in a personal way to you. (v.9-14)
4. When you question your usefulness: God refocuses you on serving Him 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.