

Make It Make Sense - Pt. 4 // Nathan Keller // 10.08.2023

Post-Achievement Depression: Depression that follows accomplishment, like attaining a milestone or reaching a goal.

The Arrival Fallacy: "Once I _____, then I'll be happy."

Achievement Without Purpose Leaves You Empty.

1 Kings 19:3-7

Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." 5 Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." 6 He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. 7 The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you."

Regulate Your Physical Health: Sleep, Diet, Exercise

Go To God

1 Kings 19:8-9a

So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. There he went into a cave and spent the night.

Process Your Emotions: Thoughts, Feelings

1 Kings 19:9b-10

And the word of the Lord came to him: “What are you doing here, Elijah?”
10 He replied, “I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”

Listen For God’s Voice

1 Kings 19:11-13

The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. 12 After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. 13 When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, “What are you doing here, Elijah?”

When You Pull Away From People You Pull Away From Purpose

Return To Your Purpose

1 Kings 19:15-16

The Lord said to him, “Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. 16 Also, anoint Jehu king over Israel, and anoint Elisha to succeed you as prophet.