

**May 3rd, 2026**  
**Fear Factor - Week 1**

Real fears rarely come to pass, and yet they hold a powerful grip on us!

Philippians 4:4-6 NIV

I. When You've Had Enough

Would you feel better if I could show you an Old Testament prophet, that may be like some of you?

He really loved God, and yet, even though he had seen the faithfulness, the power, the provision of God, he still struggled with anxiety.

His name is Elijah.

I want to show you four different mistakes that Elijah made when he had too much.

1 Kings 19:2-3 NIV

1.) When he came to Beersheba in Judah, he left his servant there, while he himself went on a day's journey into the wilderness.

Let's look at his mistakes.

The first thing we tend to do when we've had enough is: we run ourselves into the ground.

When you're in a real season of anxiety, and you don't recognize it, chances are you have been going way too hard for way too long!

2.) The second big mistake he made was shutting people out!

3.) The third mistake he made, and we often make is: he focused on the negative.

1 Kings 19:4-5 NIV

This is the very thing that we often do. We focus on the negative.

4.) And perhaps the biggest mistake is: We forget God.

Why does God whisper? He whispers to draw us close.

Question: Do you know who shouts?!

I came to tell somebody here that the vast majority of what you worry about is NOT going to happen.

Most of it never, ever does. The vast majority never happens, and therefore we are anxious for nothing.

It's based on what VOICE you're willing to listen to!