



What's On Your Mind?

with Dr. Robert Bakss

An Unquiet Mind

8:15/10:30am

Text: Psalm 42:11; 1 Kings 19:1–18

Introduction

A. Recognize the Triggers – 1 Kings 19:1–4

1. There were potential triggers in Elijah's life:
 - a. He was Fatigued
 - b. He was Fearful
 - c. He Fled
 - d. He lost Focus
 - e. He began to Forget

B. Reach out for Treatment – 1 Kings 19:5–8

1. He needed Physical treatment – v5–6
2. He needed Mental treatment – v7
3. He needed Spiritual treatment – v8

C. Replace the lies with Truth – 1 Kings 19:9–18