

NEW SERIES - HEALTH KICK

EMOTIONAL HEALTH

HEALING WHAT HURTS

February 15, 2026

Pastor Juan Vasquez

UNLEASHED
CHRISTIAN CHURCH
TEACHING NOTES

I Kings 19:2-3 (NASB)

Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more so, if by about this time tomorrow I do not make your life like the life of one of them." And he was afraid, and got up and ran for his life and came to Beersheba, which belongs to Judah; and he left his servant there.

Outside pressure can disrupt inner peace.

I Kings 19:4 (NASB)

But he himself went a day's journey into the wilderness, and came and sat down under a broom tree; and he asked for himself to die, and said, "Enough! Now, LORD, take my life, for I am no better than my fathers."

***Pulling away may feel safe,
but it often makes things worse.***

I Kings 19:5-8 (NASB)

Then he lay down and fell asleep under a broom tree; but behold, there was an angel touching him, and he said to him, "Arise, eat!" And he looked, and behold, there was at his head a round loaf of bread baked on hot coals, and a pitcher of water. So he ate and drank, and lay down again. But the angel of the LORD came back a second time and touched him, and said, "Arise, eat; because the journey is too long for you." So he arose and ate and drank, and he journeyed in the strength of that food for forty days and forty nights to Horeb, the mountain of God.

Physical care supports emotional healing.

I Kings 19:12-14 (NASB)

And after the earthquake, a fire, but the LORD was not in the fire; and after the fire, a sound of a gentle blowing. When Elijah heard it, he wrapped his face in his cloak and went out and stood in the entrance of the cave. And behold, a voice came to him and said, "What are you doing here, Elijah?" Then he said, "I have been very zealous for the LORD, the God of armies; for the sons of Israel have abandoned Your covenant, torn down Your altars, and killed Your prophets with the sword. And I alone am left; and they have sought to take my life."

***Staying hidden keeps us stuck;
healing begins with honest self-evaluation.***

I Kings 19:15-18 (NASB)

The LORD said to him, "Go, return on your way to the wilderness of Damascus; and when you have arrived, you shall anoint Hazael king over Aram. You shall also anoint Jehu the son of Nimshi king over Israel; and you shall anoint Elisha the son of Shaphat of Abel-Meholah as prophet in your place. "And it shall come about that the one who escapes from the sword of Hazael, Jehu shall put to death, and the one who escapes from the sword of Jehu, Elisha shall put to death. "Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal and every mouth that has not kissed him."

God helps him see the truth.

I Kings 19:21 (NASB)

So he returned from following him, and took the pair of oxen and sacrificed them, and cooked their meat with the implements of the oxen, and gave it to the people and they ate. Then he got up and followed Elijah and served him.

God never intended for us to carry the weight alone.

NEXT WEEK: MENTAL HEALTH - RENEWING YOUR MIND

We're so glad you joined us. If you would like more information about God, Jesus and the Bible, please talk with any of our church leaders.

Thank you for joining us!