

### If You Really Knew Me I'm Hurting

**13**“If only you would prepare your heart and lift up your hands to him in prayer! **14**Get rid of your sins, and leave all iniquity behind you. **15**Then your face will brighten with innocence. You will be strong and free of fear. **16**You will forget your misery; it will be like water flowing away. **Job 11:13-16** (NLT)

#### When You're Hurting, You...

- I. **Check** \_\_\_\_\_.
- 3**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. **1 Kings 19:3b-5a**
- II. **Cast** \_\_\_\_\_.
- 9**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." **1 Kings 19: 9b-10**

#### To Find Freedom, You...

- I. **Need** \_\_\_\_\_.
- Yet I reserve seven thousand in Israel- all whose knees have not bowed to Baal and all whose mouths have not kissed him."  
**1 Kings 19:18**
- For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. **Jeremiah 29:11**
- II. **Need** \_\_\_\_\_.
- 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. **1 Kings 19:15**
- 9**Two are better than one, because they have a good return for their work: **10**If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!  
**Ecclesiastes 4:9-10**
- III. **Need** \_\_\_\_\_.
- Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will bless you for it.  
**1 Peter 3:9** (NLT)
- IV. **Need** \_\_\_\_\_.
- Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! **2 Corinthians 5:17b** (NLT)

Additional Notes:

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### If You Really Knew Me I'm Hurting

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#### When You're Hurting, You...

##### I. Check Out.

**3**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. **1 Kings 19:3b-5a**

##### II. Cast Blame.

**9**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.” **1 Kings 19: 9b-10**

#### To Find Freedom, You...

##### I. Need Truth.

Yet I reserve seven thousand in Israel- all whose knees have not bowed to Baal and all whose mouths have not kissed him.”

**1 Kings 19:18**

For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. **Jeremiah 29:11**

##### II. Need Friends.

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. **1 Kings 19:15**

**9**Two are better than one, because they have a good return for their work: **10**If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!

**Ecclesiastes 4:9-10**

##### III. Need Forgiveness.

Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will bless you for it.

**1 Peter 3:9** (NLT)

##### IV. Need Jesus.

Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! **2 Corinthians 5:17b** (NLT)

Additional Notes:

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