

# LAKE SHORE EVENTS

for more information visit [Lakeshorechurch.org/events](http://Lakeshorechurch.org/events)



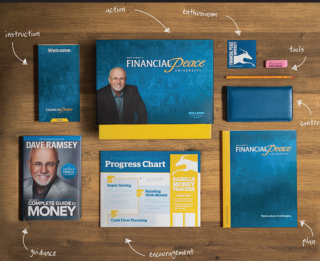
WHAT IF YOU COULD **RESTART?**



SUNDAY AT 9AM & 11AM

Change Your Money.  
**CHANGE YOUR LIFE.**

Applying God's word to your money...  
This nine-week class will show you how to get rid of debt, manage your money, spend and save wisely, and much more!



Wednesday starting 1/30  
7:00pm-8:30pm  
Saturdays starting 2/2  
8:00am - 9:30am  
sign up at:  
[LakeshoreChurch.org/smallgroups](http://LakeshoreChurch.org/smallgroups)



**RESTART?**

## Tapping Into An Emotional Restart

Part 3 | 1-13-19 | Pastor Vince DiPaola

*"Answer me, O Lord, answer me, so these people will know that you, O Lord, are God, and that you are turning their hearts back again." Then the fire of the Lord fell and burned up the sacrifice... When all the people saw this, they fell prostrate and cried, 'The Lord— he is God! The Lord— he is God!'*

1 Kings 18:37-39, NIV



*Flower City*  
**WORK CAMP**

est. 1985

Adults and Teens register by January 18  
[www.flowercityworkcamp.org](http://www.flowercityworkcamp.org)



powered by **S** SPORTS SPECTRUM

**2.3.19**  
**9AM | 11AM**

## When You Need An Emotional Restart

(The Prophet Elijah in 1 Kings 19)



[LakeshoreChurch.org](http://LakeshoreChurch.org)



	BUDGET AMT.	ACTUAL INCOME	NET DIFFERENCE
GENERAL	\$ 1,215,000	\$ 1,207,255	-\$ 7,745
MAKING WAVES	\$ 106,032	\$ 147,201	+\$ 41,169

3651 Latta Road | Rochester, NY 14612 | 585.392.5253 | [LakeshoreChurch.org](http://LakeshoreChurch.org)

## I. DIAGNOSIS: CAUSES OF DEPRESSION

### 1. PERSONAL CONFLICT with other people.

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, 'May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.'

1 Kings 19:1-2, NIV

### 2. INTERNAL ESCAPISM from life's problems.

Elijah was afraid and ran for his life.

1 Kings 19:3a, NIV

### 3. EMOTIONAL FEELINGS that are over-prioritized.

When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the desert. He came to a broom tree, 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.'

1 Kings 19:3-4, NIV

### Unresolved, depression will WIPE YOU OUT.

Then he lay down under the tree and fell asleep.

1 Kings 19:5a, NIV

## II. PRESCRIPTION: CURES FOR DEPRESSION

### 1. Ask God for STRENGTH FOR YOUR JOURNEY.

...an angel touched him and said, 'Get up and eat.' He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and lay down again. The angel of the Lord came back.... 'Get up and eat, for the journey is too much for you.' So he got up and ate and drank. Strengthened by that food, he traveled forty days... until he reached Horeb, the mountain of God.

1 Kings 19:5b-8, NIV

### 2. Look for God in SOME UNEXPECTED PLACES.

There he went into a cave to spend the night. Suddenly the Lord spoke to him, 'Elijah, what are you doing here?' He answered, 'Lord God Almighty, I have always served you— you alone. But the people of Israel have broken their covenant with you...and they are trying to kill me!

1 Kings 19:9-10, TEV Lakeshore Notes

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... After the wind there was an earthquake... After the earthquake came a fire, but the Lord was not in the [wind, earthquake or the] fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face...

1 Kings 19:11-13a, NIV

### 3. Walk with God and FACE YOUR ISSUES HEAD ON.

Then a voice said to him, 'What are you doing here, Elijah?' He replied, 'I have been very zealous for the LORD God Almighty. The Israelites... put your prophets to death... I am the only one left and they are trying to kill me...' The LORD said to him, 'Go back the way you came, and go to the Desert of Damascus.'

1 Kings 19:13b-15a, NIV

Yet I reserve seven thousand in Israel-- all whose knees have not bowed down to Baal...

1 Kings 19:18, NIV

For I am convinced that neither death nor life... nor anything... will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:38-39, NIV

