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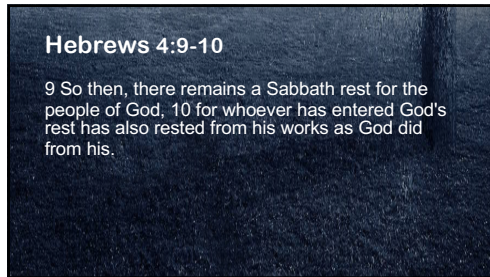
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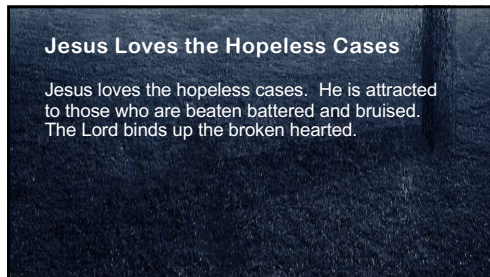
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**Many Weaknesses = Helplessness**

1. Physical creatures with low tolerances
2. Emotional creatures subject to passions
3. Walk by Faith means we are subject to shocks
4. Hostile world means rejection guaranteed
5. Sin infested world means constant vigilance
6. Agape love means we will grieve over others

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**1 Kings 19:1-8**

1 Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword.  
 2 Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow."  
 3 Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

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**1 Kings 19:1-8**

4 But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers."  
 5 And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, "Arise and eat."

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**1 Kings 19:1-8**  
6 And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again.  
7 And the angel of the Lord came again a second time and touched him and said, "Arise and eat, for the journey is too great for you

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**1 Kings 19:1-8**  
8 And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

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How to rest in our helplessness?

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**Rest in Our Helplessness**

1. Helplessness, not recklessness
2. Yielded means shielded
3. Nothing but bread and water

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**Rest in Our Helplessness**

1. Helplessness, not recklessness
2. Yielded means shielded
3. Nothing but bread and water

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**Romans 6:1-2,6-7**

1 What shall we say then? Are we to continue in sin that grace may abound? 2 By no means! How can we who died to sin still live in it?... 6 We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. 7 For one who has died has been set free from sin.

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**Romans 6:12-14**  
12 Let not sin therefore reign in your mortal body, to make you obey its passions. 13 Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. 14 For sin will have no dominion over you, since you are not under law but under grace.

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**Romans 6:18-20**  
18 For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. 19 For I do not do the good I want, but the evil I do not want is what I keep on doing. 20 Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

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**Romans 7:23-25**  
23 For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. 24 Wretched man that I am! Who will deliver me from this body of death? 25 Thanks be to God through Jesus Christ our Lord!...

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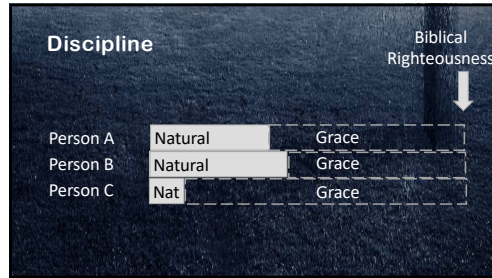
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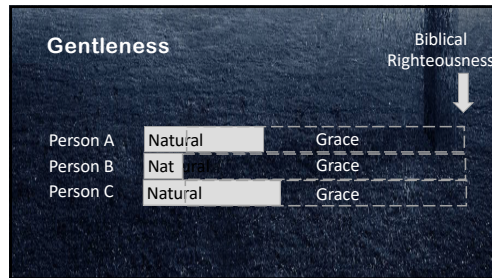
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18

**Rest in Our Helplessness**

1. Helplessness, not recklessness
2. Yielded means shielded
3. Nothing but bread and water

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**Romans 6:13 KJV**

13 Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God.

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**1 Peter 1:3-5 NIV**

3 Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, 4 and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, 5 who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time.

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21

**Questions to Ask to Gain Victory**

1. What issue is God pressing me to change?
2. Have I renounced sin and prayed for grace?
3. What mindsets (excuses) are trapping me?
4. What does righteousness look like in this area?
5. Where am I trusting in my own ways?
6. Is there something I can stop/start doing to make straight paths for my feet?

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22

**Yielding Acknowledges Sovereignty**

"Lord, I may not understand all that is happening around me, but you are King. You are in control. You are the undisputed leader and authority over me. You are sovereign over my life. No matter what happens, I recognize and yield to your authority and sovereignty in my life."

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**Yielding Prayer**

"Lord, whatever you want, whenever you want, wherever you want – that's what I want."

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**Rest in Our Helplessness**

1. Helplessness, not recklessness
2. Yielded means shielded
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**Deuteronomy 8:3**  
3 And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord.

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26

**Jeremiah 15:16**  
Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, for I am called by your name, O LORD, God of hosts.

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**John 6:35,63**  
35 Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst...63 It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life.

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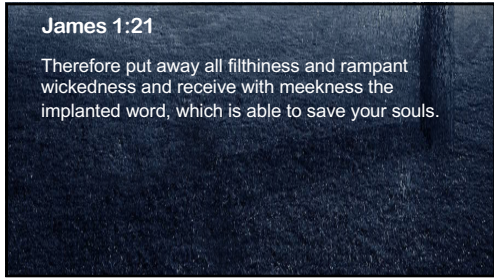
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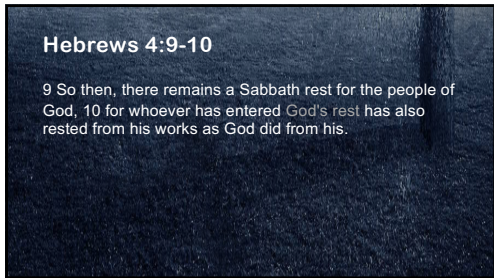
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