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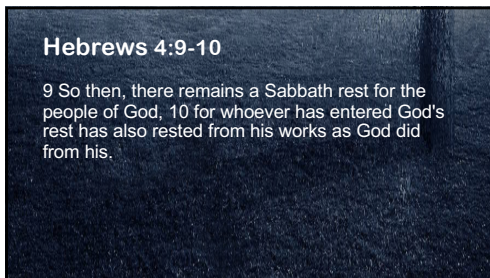
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**Human Tachometer**

1. Giddiness (Dissipation)
2. Headache (Overthinking)
3. Nausea (Physical infirmity)
4. Drunkenness
5. Worldly worries and cares pertaining to [the business of] this life (Anxiety)

} Self Indulgence

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**Elijah's Ministry**

Socio – Economic	From rustic Gilead beyond the Jordan River, and was probably from a relatively poor home
Personality	Seems to be a man of moods—experiencing great emotional swings of euphoria and depression.
Appearance	Elijah was a hairy man (2 Kings 1:8)
Length	14 years - 7 recorded miracles
Focus	Directly confronting powerful world figures (Ahab; Jezebel; Ahaziah) and Israel as a nation
Delivery	Most of Elijah's miracles were dramatic judgment on apostasy (DROUGHT; FIRE FROM HEAVEN)

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**Headache**

A headache is a pain in your head or face that's often described as a pressure that's throbbing, constant, sharp or dull caused for physical or psychological reasons

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**Rest From Headaches**

1. Shocks in our life can trigger panic that causes reason to push faith aside
2. Establish a fail-safe so you know what to do when all else fails
3. Learn to reboot and remember the last thing God told us to do

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7

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8

**1 Kings 19**

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 2 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." 3 Elijah was afraid and ran for his life.

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Why did Elijah become fearful and flee to Mount Horeb after bravely facing 850 False Prophets before the entire nation?

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**1 Kings 18**  
36 And at the time of the offering of the oblation, Elijah the prophet came near and said, "O LORD, God of Abraham, Isaac, and Israel, let it be known this day that you are God in Israel, and that I am your servant, and that I have done all these things at your word. 37 Answer me, O LORD, answer me, that this people may know that you, O LORD, are God, and that you have turned their hearts back."

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Elijah was shocked that Jezebel wasn't moved by the miracle of fire from heaven and the revival that ensued. Most importantly, Elijah was shocked that the Lord allowed Jezebel to resist God's chosen man of faith and power, him!

How could Jezebel be so powerful?

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**Jezebel**

1. Daughter of Ethbaal King of the heathen Sidonians
2. Guided by no principle, restrained by no fear of either God or man
3. Representative of all that is designing, crafty, malicious, vengeful, and cruel.
4. Great instigator of persecution against the saints

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13

**Article in the Journal of Neuroscience**

*“Stress Prompts Habit Behaviors in Humans”*

Stress promotes habits at the expense of conscious goal-oriented decisions in humans.

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14

**Every Man Is A Warrior**

Every man fears that the world is asking him to be something he doubts very much he has it in him to be.

John Eldredge

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15

**Finite Trying to Understand Infinite**

The human mind, being created [finite], has an understandable uneasiness about the Uncreated [infinite]. We do not find it comfortable to allow for the presence of One who is wholly outside of the circle of our familiar knowledge.

-A.W. Tozer

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16

**Anti-anxiety on Wall Streets**

The sale of antidepressants and anti-anxiety drugs is widespread. In New York their use became common after 9/11. It continued through and, I hypothesize, may have contributed to, the high-flying, wildly imprudent Wall Street of the '00s. We look for reasons for the crash and there are many, but I wonder if Xanax, Zoloft and Klonopin, when taken...

Peggy Noonan

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17

**Anti-anxiety on Wall Streets**

by investment bankers, lessened what might have been normal, prudent anxiety, or helped confuse prudent anxiety with baseless, free-floating fear. Maybe Wall Street was high as a kite and didn't notice. Maybe that would explain Bear Stearns, and Merrill, and Citi.

Peggy Noonan

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3. Learn to reboot and remember the last thing God told us to do

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**1 Kings 19**

9 There he went into a cave and spent the night. 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."

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22

**Faith is the Art of Holding on to Truth**

'Faith', as C.S. Lewis wrote, 'is the art of holding on to things your reason has once accepted, in spite of your changing moods.' It is hard to trust God when everything seems to be going wrong.

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**1 Kings 19**

11 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, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake.

12 After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.

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24



**1 Kings 19**  
 13 When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?" 14 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."

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**1 Kings 19**  
 15 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. 16 Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. 17 Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. 18 Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him."

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**Hebrews 4:9-10**  
 9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his.

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