



When Setbacks Leave You Emotionally Drained: Part 1 Keith Taylor Aug 15/16, 2020

1 Kings 19:1-14

King Ahab told Jezebel every thing Elijah had done and how Elijah had killed all the prophets with a sword. So Jezebel sent a messenger to Elijah, saying, "May the gods punish me terribly if by this time tomorrow I don't kill you just as you killed those prophets."

When Elijah heard this, he was afraid and ran for his life, taking his servant with him. When they came to Beersheba in Judah, Elijah left his servant there. Then Elijah walked for a whole day into the desert. He sat down under a bush and asked to die. "I have had enough, Lord," he prayed. "Let me die. I am no better than my ancestors." Then he lay down under the tree and slept.

Suddenly an angel came to him and touched him. "Get up and eat," the angel said...

(Elijah answered God), "Lord God All-Powerful, I have always served you as well as I could. But the people of Israel have broken their agreement with you, destroyed your altars, and killed your prophets with swords. I am the only prophet left, and now they are trying to kill me, too."

What are some signs that I am emotionally empty?

1. **Fear grows:** "He was afraid"
2. **Flight:** "and ran for his life"
3. **Friendless:** "Elijah left his servant"
4. **Foolish risks:** "Elijah walked for a whole day into the desert"
5. **Fatigue:** "Then he lay down under the tree and slept"
6. **Frustration:** "I have had enough, Lord"
7. **Focus on self:** "I am the only one left... Just let me die"

Elijah was just like us. James 5:17

What do we see God does for Elijah to renew his emotions?

1. **Encourages him to rest and refresh.** 1 Kings 19:5-7; Psalm 23:2-3
2. **Invites him to release his frustrations.** 1 Kings 19:8-9
3. **Reminds him to re-focus on God.** 1 Kings 19:11-13

The thought of my suffering... is bitter beyond words. I will never forget this awful time, as I grieve over my loss. Yet I still dare to hope when I remember this: The faithful love of the LORD never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. I say to myself, "The LORD is my inheritance; therefore, I will hope in him!"
Lamentations 3:19-24

Discussion Questions:

1. What are some signs of emotional emptiness that you find yourself most regularly vulnerable to? How does emotional emptiness affect you?
2. What do you have to be grateful for? In what ways have you seen God's faithfulness revealed in the midst of this current season?
3. In what ways do you like to restore and renew your emotions? How can you incorporate that into your day today?