



Overcoming Discouragement

“Elijah was a man with a nature like ours”
James 4:17



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- The background – 1 Kings 16-18
 - A wicked king, Ahab
 - 16:30-33
 - A courageous prophet Elijah
 - 17:1, 3-5, 8-9, 18:1
 - 18:17-18
 - 18:20-40
 - Ahab's wicked wife Jezebel
 - 18:4
 - The text – 1 Kings 19:1-19

Overcoming Discouragement: Learning from Elijah

1. Remember God's past care for you

- 17:4-6; 17:9-16
- God has provided us
 - Spiritual blessing
 - 2 Timothy 1:9
 - Physical sustenance
 - Psalm 37:25
 - Comfort
 - 2 Corinthians 1:3, 8-10
 - Deliverance
 - 2 Timothy 4:17



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2. Recognize God's present care for you

- 19:5-8
- God is presently caring for you and will continue to
- Matthew 6:25-34
- Philippians 4:18-19
- Romans 5:1-2



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3. *Get your focus back on the Lord*

- 19:4, 8-10
- Remove your focus from circumstance and self and move it to the Lord
- Proverbs 23:7
- Colossians 3:1-4
- Philippians 4:8



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4. Hear the voice of the Lord

- 19:11-13
- We need to listen to God
- Jeremiah 23:29
- Isaiah 55:11
- Psalm 73:1-3, 16-17
- Psalm 119:105
- John 10:27
- An opportunity to strengthen our faith
- Psalm 119:71
- 2 Thessalonians 1:3
- Romans 10:17



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5. Don't stay. Get up. God has work for us to do

- 19:9,13
- 19:11, 15-17
- Get busy serving the Lord
- Philippians 2:12-13
- Galatians 6:9



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6. Remember you are not alone

- ▶ 19:18
- ▶ God is with us
- ▶ Hebrews 13:5
- ▶ Brothers and sisters in the Lord
- ▶ Galatians 6:2
- ▶ Romans 15:32



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7. Draw near to God in prayer and worship

- James 4:8
- Pray
 - Psalm 4:1; 120:1
 - 1 Peter 5:6-7
 - Luke 18:7
- Worship God
 - Philippians 4:6-7
 - Acts 16:25
 - Hebrews 10:23-25



Overcoming Discouragement: Learning from Elijah

1. Remember God's past care for you
2. Recognize God's present care for you
3. Remove your focus from circumstance and self and onto the Lord
4. Hear the voice of the Lord so that you can increase your faith
5. Get busy in the Lord's work
6. Remember you are not alone
7. Draw near to God in prayer and worship