

Series: Help for Life's Challenges – Part 1
Scripture: 1 Kings 19:1-18
Date: April 15, 2007

HELP FOR HANDLING DISCOURAGEMENT

But now trouble comes to you, and you are discouraged; it strikes you, and you are dismayed. Job 4:5

"Elijah was a man just like us..." James 5:17

COMMON MISTAKES WE MAKE WHEN WE ARE DISCOURAGED:

Mistake #1. _____.

"... he prayed that he might die. I have had enough, Lord!" he said." vs. 4a

Mistake #2. _____.

"... Take my life. I am no better than my ancestors!" vs. 4b

Mistake #3. _____.

"I have been zealous for God ... (but) ... they have rejected your covenant, and broken down your altars... vs. 10

Mistake #4. _____.

"... I am the only one left!" vs. 10b

The Truth: vs. 18

GOD'S REMEDY FOR DISCOURAGEMENT

1. _____ your body. (vs. 5-8)

2. _____ your frustrations. (vs. 9- 10)

3. _____ on God. (vs. 11-12)

4. _____ your life to His purpose. (vs. 15-16)

*The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; **do not be discouraged.**" Deut. 31:8*