

When I Am Down In the Dumps

1 Kings 19

Elijah was a man of powerful prayer and preaching. He did much to turn his nation away from idolatry and towards a right relationship with God. Yet as he worked hard in the kingdom, he found himself used up and burned out. Tonight's lesson will focus on what Elijah's case reminds us to do to keep our spiritual health.

I. Elijah Hid Under a Bush

He had great victories

1 Kings 18:36-39, 45

But he felt alone and defeated

1 Kings 19:1-4

God led him to a better place

1 Kings 19:9

II. God Told Him to Move

He provided for his needs

1 Kings 19:4-8

He revealed his nature to Elijah

1 Kings 19:11-14

He appointed for him a fellowship of people

1 Kings 19:15-18

III. Elijah Was Put Back in Service

He followed and obeyed God

1 Kings 19:19-21

He lived as an example to others

He spent his remaining days serving God