

ELIJAH

MAN ON FIRE

Part 4

Overcoming Discouragement

This past weekend Pastor Ken continued *Elijah – Man on Fire*. We are looking at the life of Elijah and our prayer is that the fire in Elijah would light a fire in us. Over the next five weeks, we invite you to journey with someone at work, your family, or find a place to do it alone or with a friend. Let's grow and do life together during this series.

Elijah went before the people and said, "How long will you waver between two opinions? If the LORD is God, follow him; but if Baal is God, follow him."

1 Kings 18:21

1. In this weekend's story Elijah is feeling low and doesn't want to be in ministry or want to live anymore (read 1 Kings 19:1-18 and Psalm 23:2-3). What can we do when we get discouraged or maybe even depressed? One idea is to refuel your tank. Inside of you there is a tank and when that tank runs low so does the fire in us. That is when you must renew your body, soul, and spirit. How is the level of fuel in your tank; are you running on empty?
2. The second idea is to share your struggle with others. One of the enemy's favorite strategies is to isolate you so he can harass you and torment you. When you bring what you're thinking and feeling into the light will help you to lift your mood.
3. The third idea is to adjust your thinking. One study found that the average person has 200 negative thoughts a day while the average person who is depressed has 600 a day. It is hard to tell yourself to feel differently and you tell yourself to not be depressed, you will be even more depressed because you are still depressed. But you can tell yourself to think differently, eventually God will use the way I think to transform the way I feel (read Romans 12:1-2).
4. The last idea Pastor Ken shared this weekend is to claim your future. When you have something to look forward to it is a key to taking back your joy. That what happens to Elijah when he finds out that things were not as bad as he thought they were and he was not the only one left who loved and served God (read Jeremiah 29:11). The Lord also gave him a new assignment. This is the day to reclaim your future because your best days are still ahead of you.

Close in prayer