
Standing In The Gap
"Dealing With Discouragement"
1 Kings 19:1-18

05-19-24

Introduction: As we have focused on Elijah's life, it's obvious he has been living with an inordinate amount of stress.

- Pronounces a Drought That Would Last Three and a Half Years
- Went Into Hiding
- Survived Despite Scarcity
- The Events on Mt. Carmel
- The Restoration of Rain

1. As we experience stress, we need relief.
2. At this point in the narrative, we have the perfect time for relief, but that's not what happened.
3. Satan is relentless; he does not care about Elijah's wellbeing. He is interested in revenge.
4. He uses Jezebel to threaten Elijah's life.
5. Instead of relief, the stress has increased, and the result is Elijah is discouraged.
6. This is understandable, but it's inconsistent with who we are in Christ.
7. As we observe Elijah as he deals with discouragement, we can learn to overcome our own discouragement.

I. We Must Understand The Cause Of Discouragement

A. Exhaustion

B. Fear

C. Loneliness

D. Self-Pity

II. We Must Understand The Cure For Discouragement

A. Refreshment

B. Communication

C. Purpose

D. Encouragement

Conclusion: None of us are immune from discouragement.

1. Because we live in a broken world, disappointing circumstances are normal.
2. Add it up and discouragement is not an if, it's a when!
3. Thankfully, we have Elijah's example. Let him teach you how to overcome your discouragement.