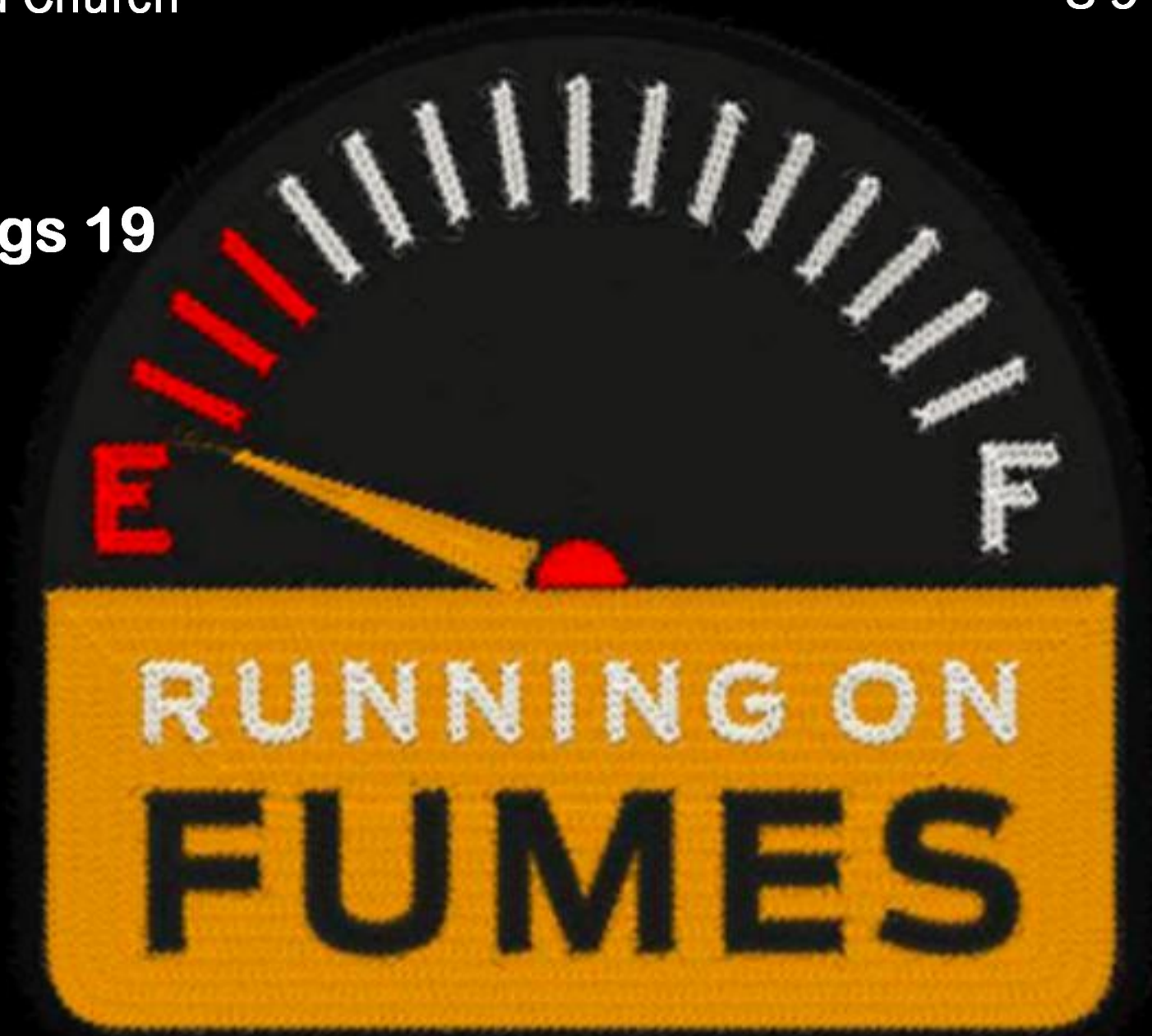


1 Kings 19



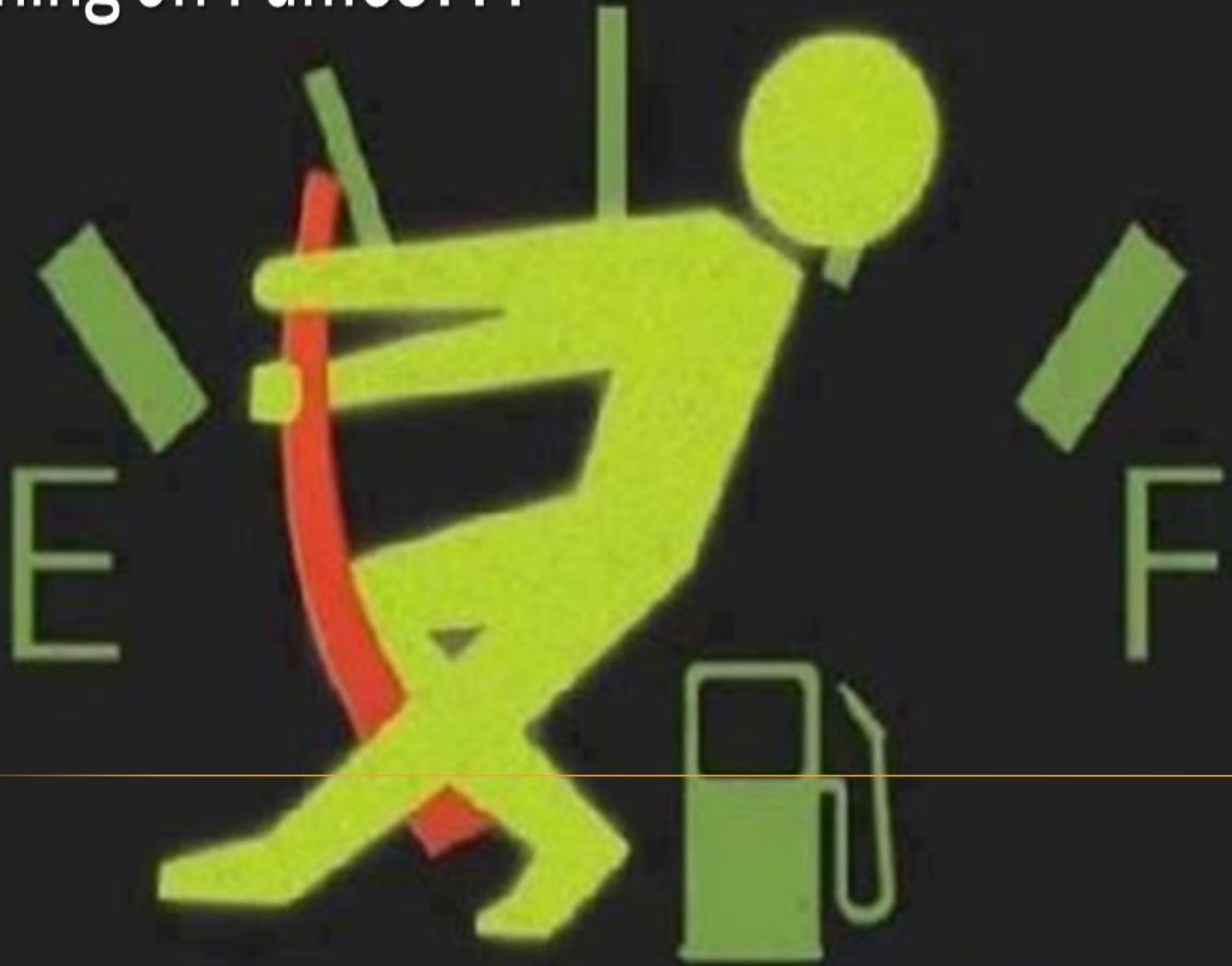
1 Kings 19



RUNNING ON  
FUMES

Pt 3

Running on Fumes???



# Running on Fumes???

**Mentally**  
**Physically**  
**Spiritually**

## **Survey Asks...**

**Have You...**

- **Go as Far as You Can Go**
- **Taken All You Can Take**
- **Given All You Can Give**

# Running on Fumes???

**Mentally**  
**Physically**  
**Spiritually**  
**Exhausted**

## Survey Asks...

Have You...

- Go as Far as You Can Go
- Taken All You Can Take
- Given All You Can Give

Welcome to...

**...Running on Fumes!**



# The Danger of Running on Fumes...

+ Fumes Lead to Burnout

+ Burnout Creates Brokenness

+ Brokenness Drives Depression



# **The Danger of Running on Fumes...**

- + Fumes Lead to Burnout**
- + Burnout Creates Brokenness**
- + Brokenness Drives Depression**

**2020**

**The Year of the Perfect Storm**

**Global Pandemic**

**Global Unrest**

**Personal Challenges**





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"THOU SHALT NOT STEAL" EXODUS 20:15

- 
- **Running on Feeling (Spt High)**
    - **1 Kings 18:46**
      - **Elijah was Running On Emotions**
  - **Running on Fear (Spt Low)**
    - **1 Kings 19:1-3**
      - **Elijah Is Up And Running Again.**
      - **This Time, Elijah Is Running On Fear**
  - **Running on Fumes (Spt Exhaustion)**
    - **1 Kings 19:4-5**
      - **Elijah Has Run Out Of Gas.**

I Got Nothing Left :(

I Got Nothing Left :(

**How Did God Get Elijah...  
...Beyond Fumes?**

# #1- Fresh Provision (5-8)

*“..lay and slept...Angel touched...”*

*“..lay and slept...Angel touched...”*

---

# #1- Fresh Provision (5-8)

*“..lay and slept...Angel touched...”*

- **Recuperated** *“Slept”*
- **Reenergized** *“Ate”*
- **Recuperated** *“Slept”*
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# #1- Fresh Provision (5-8)

*“..lay and slept...Angel touched...”*

- **Recuperated “Slept”**
- **Reenergized “Ate”**
- **Recuperated “Slept”**
- **Reenergized “Ate”**

**God was Restoring Him Physically**

- *Prepared His Food/ Gave Him Rest*

**God was Restoring Him Spiritually**

- *Propelled Him to Get to Mt. Horeb*

## **#2- Fresh Profession (9-11)**

***“What Are You Doing Here”***

***“What Are You Doing Here”***



# #2- Fresh Profession (9-11)

*“What Are You Doing Here”*

**God Knew that He Needed to Unload...**

- **Proper Person – *God***
- **Proper Way – *Mt of God***

*“What Are You Doing Here”*

## #2- Fresh Profession (9-11)

### *“What Are You Doing Here”*

**God Knew that He Needed to Unload...**

- **Proper Person – *God***
- **Proper Way – *Mt of God***

***1st- We Need to Talk to God About it!***

***Then...***

***We Need to Find Somebody We Can Trust ...***

***...to Talk it Out!***

# **#3- Fresh Perspective (11-14, 18)**

## ***“What Doest Thou Here Elijah?”***

**God Showed Him that He Does Not  
Always Communicate the Same Way**

**God Showed Him that His Perspective...  
...was Wrong**

**God Showed Him that He Still Had...  
...a Group of People He Could Trust**

**Realize There is More to It Than I See!**

# #4- Fresh Purpose (15-17)

*“...go anoint...”*

*“...go anoint...”*

# #4- Fresh Purpose (15-17)

**“...go anoint...”**

- **Go Take Care of Kingdom Work**
  - *Physical*
- **Go Take Care of My Work**
  - *Spiritual*

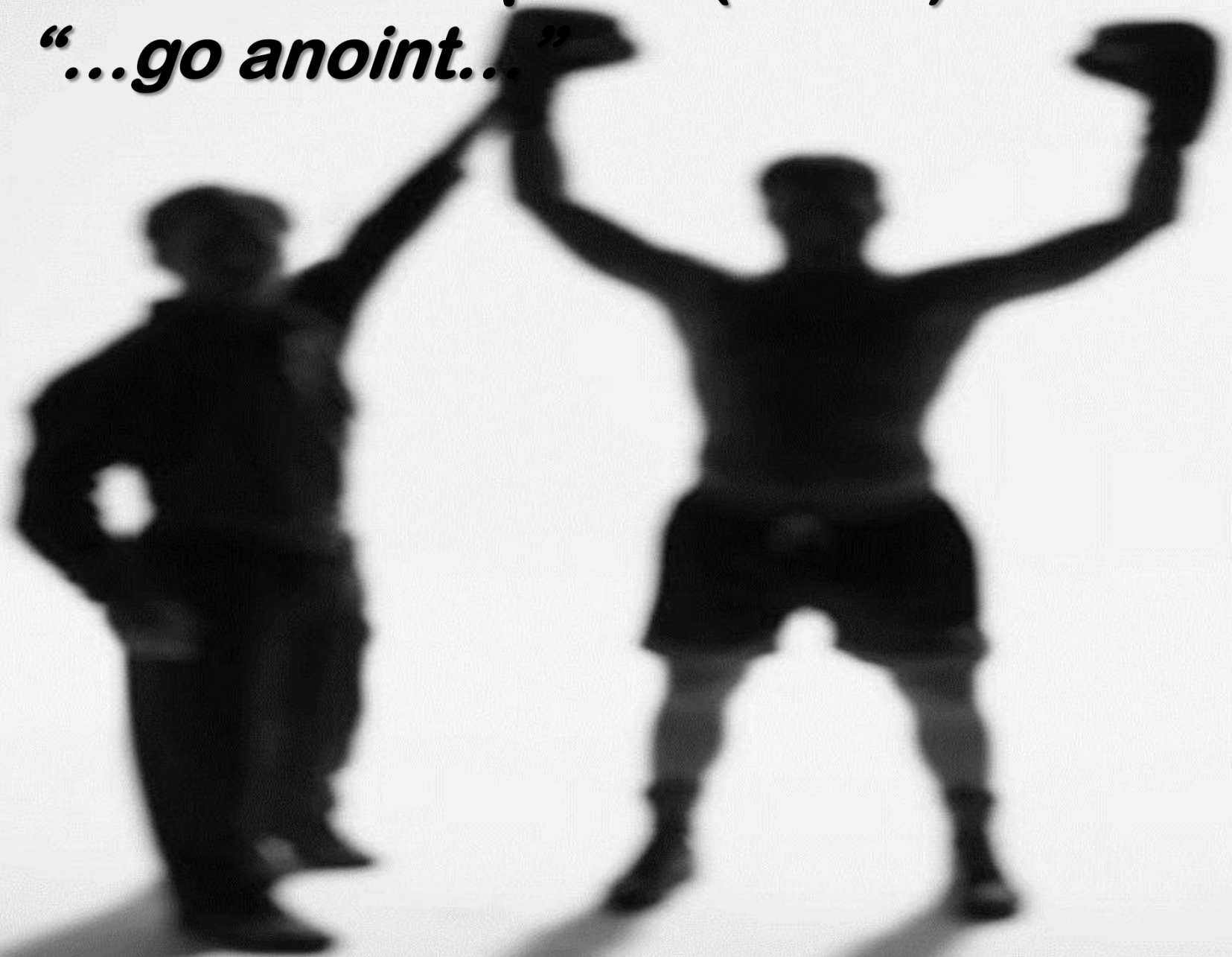
**Elijah Mentored Elisha 10 years  
God wasn't Through with him !!!**

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**God is Not Through with You !!!**

# #4- Fresh Purpose (15-17)

*“...go anoint...”*



# #4- Fresh Purpose (15-17)

*"...go anoint..."*



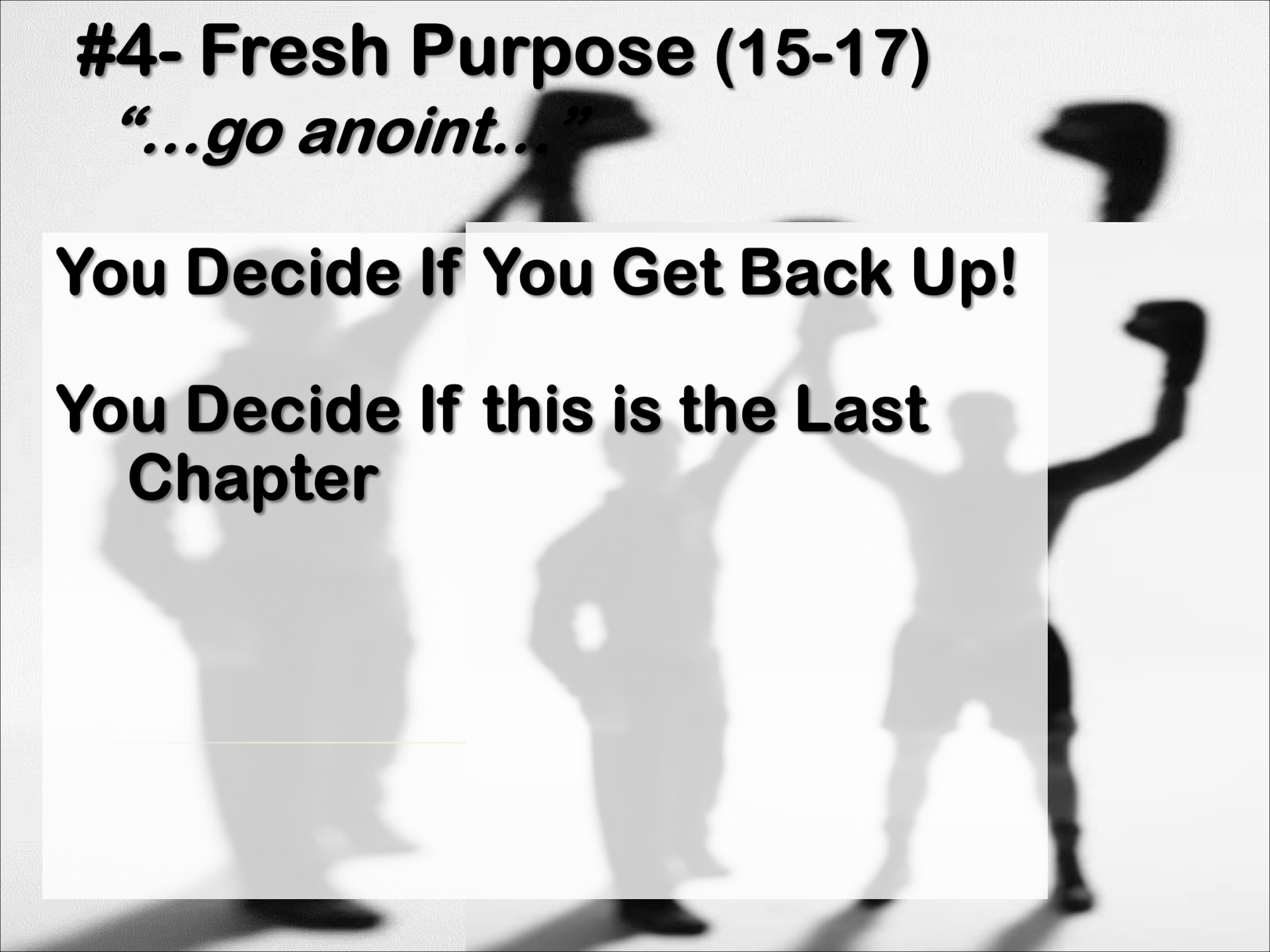
# #4- Fresh Purpose (15-17)

*“...go anoint...”*

**You Decide If You Get Back Up!**

**You Decide If this is the Last Chapter**

---





# #4- Fresh Purpose (15-17)

*“...go anoint...”*

**You Decide If You Get Back Up!**

**You Decide If this is the Last  
Chapter**

**You Don't Have to Be Defined...  
...By Your Situation**

---

**Get Back Up!!!**





**Does this Describe You?  
Has Your Life of Faith...  
Become a  
Life of Fear?  
Life of Fumes?  
Remember  
God Sees You!  
He Has Never Left You!**



**THE TOMB IS EMPTY,**

so you  
don't have  
to be 

