



1 Kings 19
Pt 2

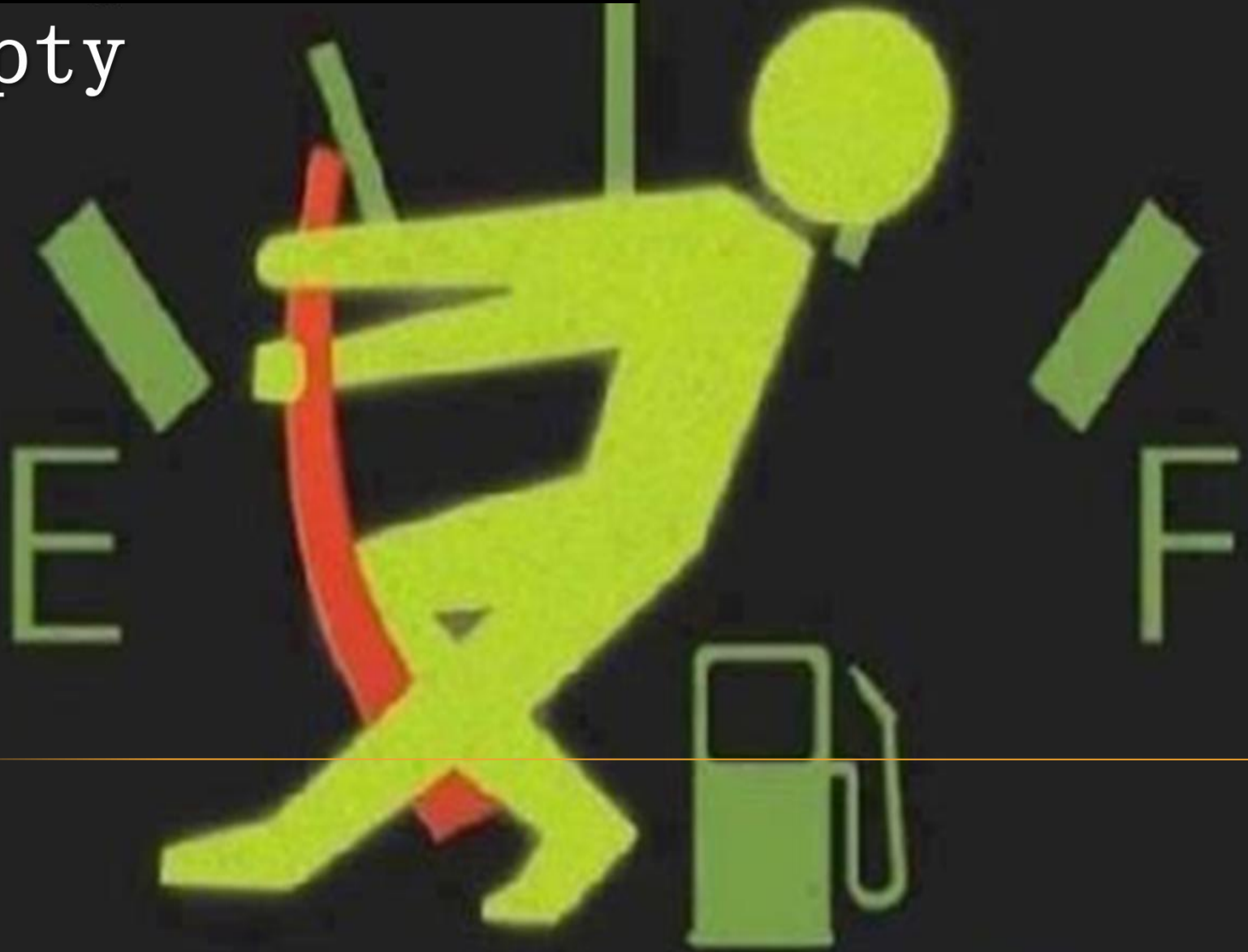


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Running on Empty



Running on Empty



Have You...

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

Welcome to...

...Running on Empty!

Running on

Empty



↳ Mentally
↳ Physically
↳ Spiritually
Exhausted






The Danger of Running on Empty...

- **Empty Leads to Burnout**
- **Burnout Creates Brokenness**
- **Brokenness Drives Depression**

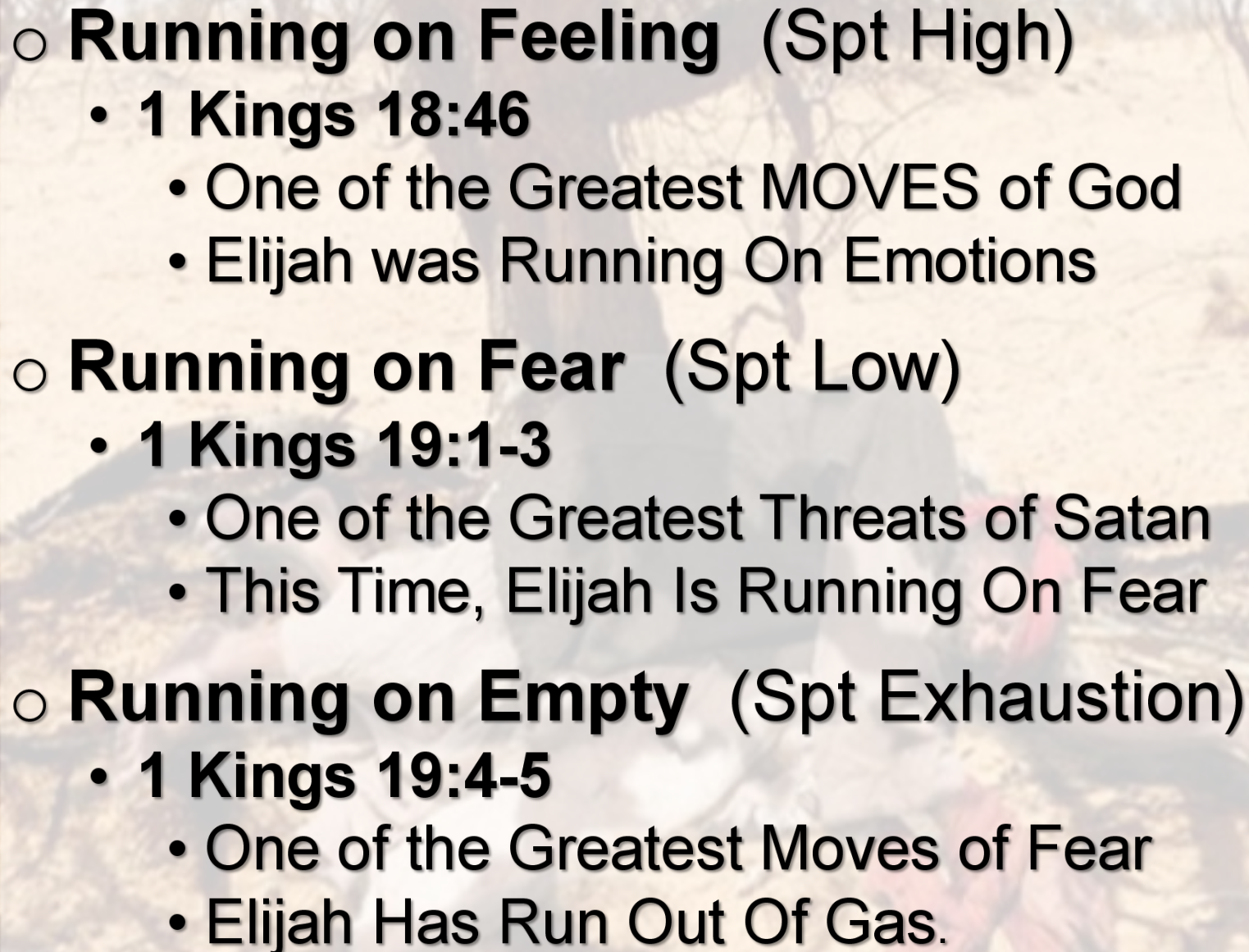




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- ✧ **The Bible is Full of God's People**
 - ✧ **Facing Empty Tanks**
 - ✧ **But Had to Keep Going**
 - ✧ **Let's Focus on One...**

☹️ **Elijah – I Kings 19**




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- **Running on Feeling (Spt High)**
 - **1 Kings 18:46**
 - One of the Greatest MOVES of God
 - Elijah was Running On Emotions
 - **Running on Fear (Spt Low)**
 - **1 Kings 19:1-3**
 - One of the Greatest Threats of Satan
 - This Time, Elijah Is Running On Fear
 - **Running on Empty (Spt Exhaustion)**
 - **1 Kings 19:4-5**
 - One of the Greatest Moves of Fear
 - Elijah Has Run Out Of Gas.




The Key To Elijah's Life Drain (3,4)

“When He Saw That”

Elijah Changed...

 **His Focus** -***Ceased to Walk by Faith***
“And when he saw that...”

 **His Force** -***Boldness to Fear***
“he arose, and went for his life...”

 **His Feelings** -***Became Depressed***
*“came to Beersheba, ...belongeth to Judah,
and left his servant there. ..Juniper Tree...”*

Life Drainers...

Elijah Faced...

Physical Exhaustion (5)

- Intense Activity-chap 18
 - *Rebuilt Altar - Showdown*
 - *Killed 850 False Prophets*
 - *Prayed Intensely for Rain*
 - *Ran for Over 20 Miles*

Emotional Exhaustion (3a, 4)

- He's on Emotional Roller Coaster
 - *Arose and Ran for His Life (3)*
 - *Take My Life -Kill Me! (4)*

Life Drainers...

Elijah Faced...

- 🥵 **Physical Exhaustion (5)**
- 🥵 **Emotional Exhaustion (4)**
- 🥵 **Social Exhaustion (1, 2)**
 - **Relationship Conflict**
 - *Confronted / killed 850 prophets*
 - *Jezebel sent out Death Threats*
- 🥵 **Spiritual Exhaustion (10, 14)**
 - Down Played His Work
 - Exaggerated His Situation

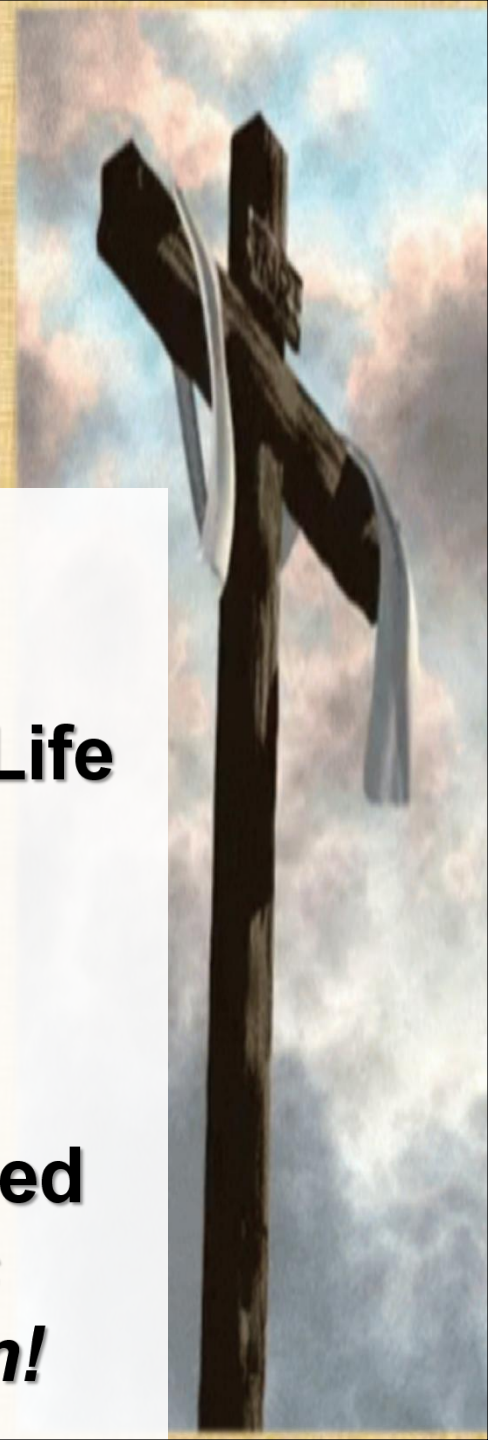
Lord Just Take Me!!!

**Why Does God Allow Us to...
...Get to this Point?**

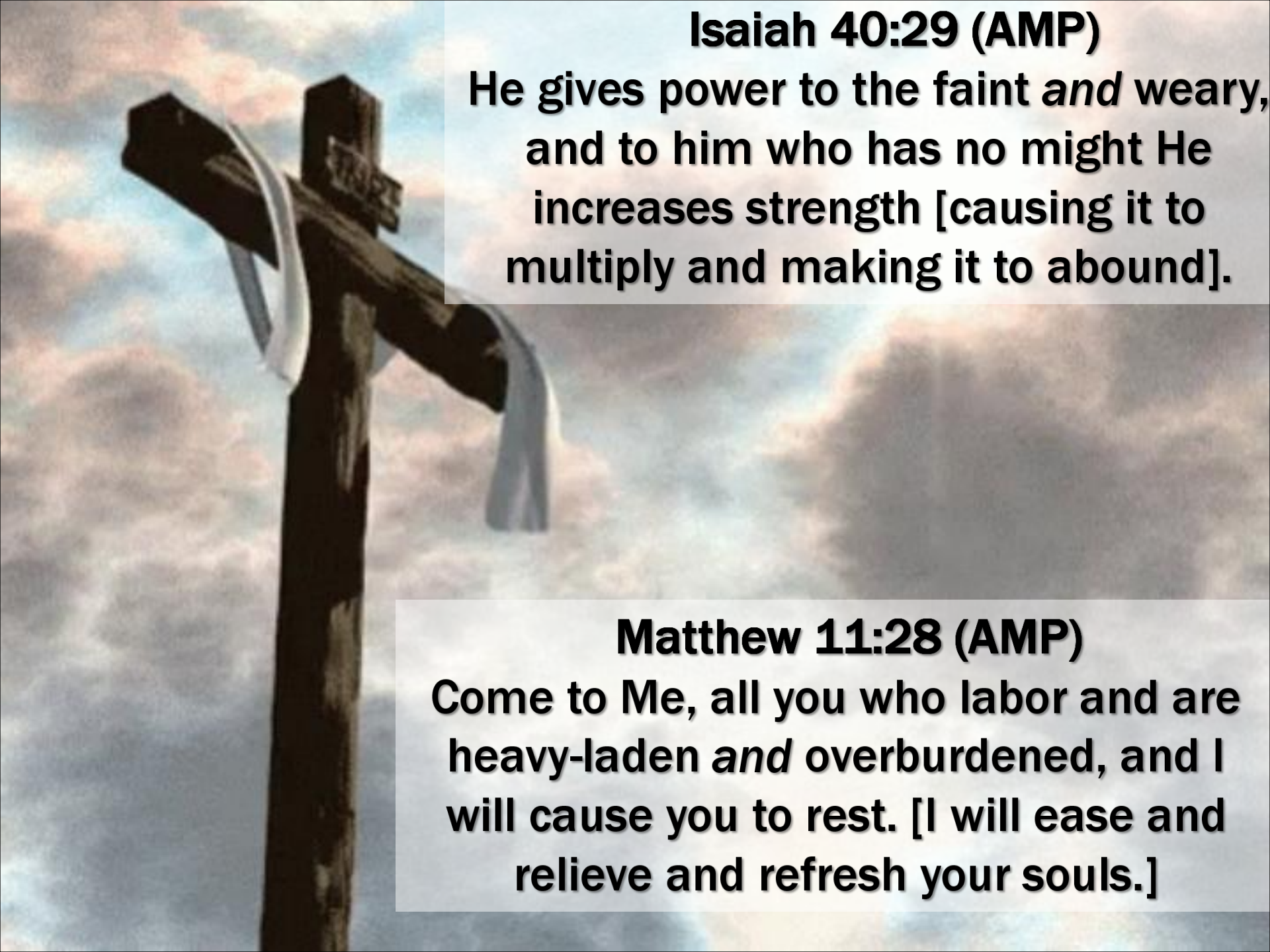


Why Does God Allow Us to... ...Get to this Point?

- **Points to Power of the Cross...**
 - ***We All Need His Help***
- **Brings Message of Grace/ Mercy to Life**
 - ***Now It's Personal***
- **Prompts Reliance upon Him/ Others**
 - ***We Can't Do It Alone***
- **Show Us/ Others We Can Still Be Used**
 - ***Even in the Worst of Situations***
Move Beyond Guilt to Usefulness Again!







Isaiah 40:29 (AMP)

**He gives power to the faint *and* weary,
and to him who has no might He
increases strength [causing it to
multiply and making it to abound].**

Matthew 11:28 (AMP)

**Come to Me, all you who labor and are
heavy-laden *and* overburdened, and I
will cause you to rest. [I will ease and
relieve and refresh your souls.]**