

MARINERS CHURCH



When Setbacks Leave You Drained 1.9.22

Elijah was a man like us.... James 5:17

Elijah was afraid and fled for his life. He went alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died." 1 Kings 19:3-4

How do I know my emotional tank is empty?

#1 Fear creeps into my life. *Elijah was afraid. 19:3*

#2 I run away. *Elijah was afraid and fled for his life. 19:3*

#3 I make impulsive decisions.

#4 What I do seems pointless. *I am no better than my ancestors who have already died." 19:4*

#5 I want to quit and give up. *"I have had enough, LORD," he said.*

#6 I compare my life with other's.

#7 I think death might bring relief.

He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Just take my life." 1 Kings 19:3-4

Rest

Elijah got up, ate and drank, and his strength was revived. 1 Kings 19:5-7

He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. Psalm 23:2-3

Be honest with my feelings.

Suddenly the LORD spoke to him, "Elijah, what are you doing here?" 1 Kings 5:8-9

Refocus on God.

1 Kings 19:11-13

"Just thinking of my troubles and my wanderings it fills me with sadness and bitterness." It's all I ever think about, and I'm depressed but But then I remember something that fills me with hope..."

"The Lord's steadfast love never ends!



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His unfailing mercy keeps me from being wiped out."

"Because of his great faithfulness,

each new day he is always kind to me. So deep in my heart I say to myself, 'The Lord is all I need.

He is my, real hope." Lamentation 3:21-24

Get involved.

Then the LORD said to him, "Go back by the way you came, and go to the Desert of Damascus.

When you arrive, you are to anoint Hazael as king over Aram. You are also to anoint Jehu as king over Israel and Elisha to succeed you as prophet. 1 Kings 19:15-16

Talk it Over! For my thoughts and LifeGroup*

What are your feelings when you experience setbacks? Talk about a time when your emotional tank was absolutely empty.

Read 1 Kings 19:1-18. What do you see going on? Have you ever felt like Elijah? What did you do?

How do you find God's response to Elijah—was it soft and easy or a little rough? What did Elijah need to 'see' from God?

Be honest with each other on how your emotional tank is doing. Do you find yourself blaming God? Others? How can we help each other in this?

Read Jeremiah 3:23-24. Talk about what God is saying.

Why is 'involvement with others' so important? Look at 2 Corinthians 1:3-6. Name a specific discouraging experience you have faced which you feel God can use to help others.

Pray for each other!

*A LifeGroup is a group of people who are committed to loving each other and growing through times like these. For more information, connect with Pastor Len at len@marinerscc.org