

God's Got Questions!

Lesson Two • 1Kings 19:1-21

What Are You Doing Here?

Have You Ever Thought, Prayed, Or Even Said:

"I've had enough! Lord, take my life!"

*And he prayed that he might die, and said, "It is enough! Now, Lord, take my life!"
~Elijah, 1Kings 19:4*

Elijah was as human as we are. James 5:17 NLT

Elijah's Life Illustrates a Somber Truth:

Even the most godly people get DISCOURAGED and even depressed,
but God is there to lift us out of the pits of despair.

A Prophet in the Pits and A God Who Cares:

1. Our CIRCUMSTANCES Can Lead Us to the Point of Despair!

Prime Times We're Vulnerable to Discouragement and Despair:

- When we are PHYSICALLY exhausted. vs. 3

- When we are EMOTIONALLY drained. vs. 10

- When we are SPIRITUALLY depleted. 1Kings 18

2. Our CHOICES Can Lower Us into the Pits of Despair!

How to Get Depressed in Three Easy Steps:

Step 1: Find a place to be ALONE. vs. 3-4

Step 2: Focus on the NEGATIVE. vs. 3-4, 10, 14

Step 3: Forget God's FAITHFULNESS.

3. God's CARE Can Lift Us Out of the Pits of Despair!

God's Question, God's Care:

"What are you doing here, Elijah?" vs. 9, 13

How to Respond to God's Care (God's Question):

- Get up and take CARE of yourself physically. vs. 5-8

- Get out and let God CONFRONT your fears and self-pity. vs. 9-10

- Look up and draw CLOSE to God through His Word and Spirit. vs. 11-14

- Go back and CONNECT with other believers again. vs. 15-18

- Press on and CONTINUE to obey God and serve others. vs. 19-21

Make It Personal:

- Are your circumstances leading you to the point of despair? Evaluate your vulnerability to discouragement and despair.
- Are you making choices that will lower you into the pits of despair? Are you living in isolation or community with other believers? Are you focused on the negative or positive? Are you forgetting God's faithfulness or remembering God's faithfulness?
- Are you in the pits of despair? God's care can lift you out, but you must respond to His care.