

Elijah – The Worn-Out Prophet
1 Kings 19

Introduction.

- A. Elijah had just won a great victory at Mt. Carmel.
- B. He should have been filled with joy at the goodness of the LORD.
- C. Instead, he was discouraged, depressed, desperate, running for his life, and without hope.

I. Elijah's problems.

- A. Opposition (1-3a).
 - 1. Jezebel heard that Elijah had killed the prophets of Baal.
 - 2. She swore to kill Elijah.
 - 3. He fled for his life.
- B. Fear (3).
- C. Loneliness.
 - 1. He left his servant behind.
 - 2. He felt he was the only one left who followed the LORD (10).
- D. Exhaustion.
 - 1. He had travelled far.
 - 2. The contest on Mt. Carmel.
 - 3. Killed the prophets of Baal.
 - 4. Run before Ahab.
- E. Hopelessness (4).
- F. Self-pity.

II. God's solution.

(Note: God did not perform a miracle; he used natural means to restore Elijah.)

- A. Step back from the problem.
 - 1. God sent him far away from the problem.
 - 2. First to Mt. Horeb (Sinai) and then to the desert of Damascus.
 - 3. Sometimes we get so caught up in our problems we can see nothing else.
- B. Sleep and food.
 - 1. Proper rest and proper diet are restorative.
 - 2. Even God took a day to rest.

C. Back to Mt. Sinai.

1. Where God gave Moses the Ten Commandments.
2. Back to the Word of God.
3. Congratulations – you have found a problem too big for God to handle.

D. Encounter with God.

1. What are you doing here?
2. God is in the still, small voice (2 Cor. 12:9; Phil. 4:13, 19).

E. Get back to work.

1. Anoint Hazael.
2. Anoint Jehu.
3. Anoint Elisha.

F. Share the load.

1. There remain 7000 faithful in Israel.
2. Take a companion – Elisha.
3. Bear one another's burdens (Gal. 6:2).

III. Conclusion.

- A. Elijah was worn out, stressed out, and burned out.
- B. God cared about Elijah.
- C. God cares about you too.