

## **DUMPING DISCOURAGEMENT** **(1 Kings 19:4-18)**

### **1. Remove yourself from the situation if possible.**

1. Elijah was able to escape from the presence of Jezebel (19:4, 8).
  1. No doubt being near the one who threatened to kill him was causing him stress.
  2. He needed to get away from the problems at hand.
2. Notice I said, "if possible."
  1. It is not always possible to remove yourself.
  2. Taking care of sick family members does not often allow for the removal of one's self.
  3. Financial problems won't be solved by going away, probably just increased.
3. However, if it is a situation where you can get away from it, such as a stressful relationship, problems at work or whatever, get away for a time.
4. Removing yourself from the situation for a period of time greatly aids the other things that will be mentioned that Elijah did.

### **2. Get some rest.**

1. Elijah laid down under the juniper tree and went to sleep (19:4-6).
2. He had run a good distance and was weary.
  1. He had battled the foes of God in a very stressful environment, being surrounded by people that wanted to kill him.
  2. He had received news that someone wanted to kill him.
  3. He then ran a long distance.
3. He needed rest.
4. Research has shown that those who don't rest well or get enough sleep die sooner than those that don't and are more prone to obesity and various ailments.
5. When things are stressful, we need rest.
  1. It may be long hours with a sick loved one.
  2. We need to be able to ask for help.
  3. Working long hours and trying to do things in between shifts keep us from sleeping.
  4. Depression can either cause us to sleep too much or not enough.
6. Jesus knew that He needed to get away from the press of the crowd at times.
  1. He would go into a deserted place to pray.
  2. He would go on a boat and take a nap.
7. Rest is necessary to dump discouragement.

### **3. Get refreshed.**

1. Notice that God sent an angel to feed Elijah.
  1. Proper food and diet help people battle discouragement.
  2. Many times, when battling this, people turn to food and become overweight and this adds something else about which to be discouraged.
2. Proper nutrition will also allow you to rest better.
3. This nourishment allowed Elijah to make the 40 day journey to Horeb.

4. Many of us, while stressing about whatever situation fail to take care of our bodies.
  5. Jesus prepared a meal for His disciples because He knew they needed to eat (John 21:9).
  6. Being refreshed helps to dump discouragement.
- 4. Get reminded of Who is with you.**
1. Once Elijah was removed from danger, rested and refreshed, God reminded Elijah that He was with him.
  2. Elijah felt alone - "I, even I only, am left."
    1. Loneliness is one of the greatest causes of discouragement.
    2. This is an easy trap to fall into for Christians.
    3. We believe we are the only ones trying to do right.
  3. Elijah needed to be reminded that God was on His side and with Him wherever He went.
    1. I am perfectly aware that God is not going to speak to us, cause great winds, earthquakes, fires or send a still small voice as He did for Elijah.
    2. God no longer works in this way.
    3. However, God is with us and reminds us of that in His word (Hebrews 13:5).
  4. In those times of darkness in our lives, He wants us to call on Him (1 Peter 5:7).
  5. Not only that, God's people are with us in these times.
    1. God let Elijah know that there were others who had not given in to Baal as well (19:18).
    2. Obadiah, Ahab's house governor, had already let Elijah know this (18:13).
  6. As Christians, we need to make ourselves available to our brethren who are discouraged because they need us.
    1. We are to be concerned about one another (Philippians 2:4).
    2. We are to weep with our brethren who are weeping (Romans 12:15).
  7. No matter how bad things may seem, we are never really alone and we need to be reminded of that to dump discouragement.
- 5. Get realigned in our thinking.**
1. Elijah was then given a job to do (19:15-17).
    1. Elijah needed to get back to work.
    2. The work that he did realigned his thinking in that it forced him to focus on the future and not the past.
  2. He now knew that his enemies would be destroyed.
  3. He now knew that Baal would not overcome God.
  4. Many of our discouragements linger because we continue to focus inwardly and not outwardly.
    1. We have work to do in the Lord's kingdom and we can't do that when focused only on our problems.
    2. We need to be busy working for God, His Son and His church.

5. When we are active in the kingdom, it realigns our thinking to where it should be - on the future, on heaven and doing what we need to do to get there and bring others with us.
6. When we focus on ourselves and our problems we get discouraged.
7. Others of God's people have gone through whatever it is in which we find ourselves (1 Corinthians 10:13).