

“Setbacks Into Comebacks” Message Series

Sunday, April 21, 2024 @ 10:30AM | Worship Center

When A Setback Leaves You Emotionally Empty



1 Kings 19:1-5,10: “Now Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, “So may the gods do to me and even more, if I do not make your life as the life of one of them by tomorrow about this time.” And he was afraid and arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there. But he himself went a day’s journey into the wilderness and came and sat down under a juniper tree; and he requested for himself that he might die, and said, “It is enough; now, O LORD, take my life, for I am not better than my fathers.” He lay down and slept under a juniper tree; and behold, there was an angel touching him, and he said to him, “Arise, eat.” He said, “I have been very zealous for the LORD, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away.”

We become emotionally empty because we lose focus on what matters, refuse to release our frustrations, and secure adequate rest for our souls and physical beings.

"Charles Spurgeon said that Elijah 'retreated before a beaten enemy.'" – Warren Wiersbe

How does God refill my emotional tank?

1. God makes me to rest my body.

Psalm 23:2-3; 1 Kings 19:5-7 (NLT); Psalm 127:2 (LB)

2. God encourages me to release my frustrations.

1 Kings 19:8-9 (NLT); 1 Peter 5:7

3. God tells me to remember and refocus on Him.

1 Kings 19:11-13

“Remember my affliction and my wandering, the wormwood and bitterness. Surely my soul remembers. And is bowed down within me. This I recall to my mind, Therefore I have hope. The LORD’s loving kindnesses indeed never cease,

For His compassions never fail. They are new every morning; Great is Your faithfulness. "The LORD is my portion," says my soul, "Therefore I have hope in Him." – Lamentations 3:19-24 (NASB)

"Go back the way you came...to the desert of Damascus. When you get there, anoint Hazael...and Jehu...and Elisha..." – 1 Kings 19:15-16

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