

Overcoming Discouragement

Lessons From Elijah

Elijah: A Discouraged Man

1 Kings 19:3-4, 10, 14

- King Ahab. *1 Kings 16:29-33; 18:16-18*
- Queen Jezebel. *1 Kings 18:4; 19:1-3*
- Uncommitted populace. *1 Kings 18:21*
- Thought he was the only one who was faithful to God. *1 Kings 18:22*

God's Response:

*What are you
doing here,
Elijah?
(1 Kings 19:9)*

Overcoming Discouragement

- Remember what God has done for you in the past – *1 Kings 17-18*
 - Sustained your life. *1 Kings 17:1-16 (Psalms 37:25; Mt. 6:25-34)*
 - Victory over evil & error. *1 Kings 18: 36-40 (2 Tim. 1:9; 1 Cor. 15:55-58)*

Overcoming Discouragement

- See God's present care and keeping – *1 Kings 19:5-8*
 - His grace & love. *1 Cor. 15:10*
 - Spiritual blessings. *Rom. 5:1-2 (Eph. 1:3)*

Overcoming Discouragement

- Strengthen personal faith – *1 Kings 19:4*
 - Even the strongest can become discouraged – nobody is immune!
 - A call to strengthen faith. *Deut. 31: 6-8; cf. 2 Thess. 1:3; Lk. 17:5; Rom. 10:17*

Overcoming Discouragement

- **Stay focused on the right things – 1 Kings 19:4, 9-10**
 - **Lose focus...lose faith. Matthew 14: 25-33**
 - **Focus on Jesus. Heb. 12:1-2 (Colossians 3:1-4; Hebrews 11:32-12:1)**

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- **Stay focused on the right things- 1 Kings 19:4,9-10**

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