

HOOK- January 25, 1990, Avianca Flight 52 was circling around JFK waiting for clearance to land. *picture 1

At 9:34 pm, the Boeing 707 crashed; *picture 2

8 of the 9 crew members and 65 of the 149 passengers on board were killed.

The cause? While waiting to land, the plane simply ran out of gas.

The official cause was determined to be fuel exhaustion and pilot fatigue.

Both the plane and the pilot were drained, emptied, depleted, exhausted.

TITLE: **When you feel like you have nothing left in you**

(I heard this from Vance Pitman & I've shared it with our leadership team) The invitation of Jesus is this:

Matthew 11:28-30 “Come to me, all of you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light.”

REST- EASY- LIGHT that’s what Jesus says walking with him will be like! Can I be honest?

Many times, what defines my faith walk is not Rest Easy Light, but: **WORK- HARD- HEAVY**

I don’t know about you, but I’ve experienced personally, and witnessed others, get to a point when they are simply DRAINED. BURNT-OUT. EXHAUSTED.

- A mom with young kids, in that space, right after dinner, but before bedtime.
- A dad who’s been working long days for many days.
- A senior citizen who dreamt of being retired by this point but has no choice but to keep working.
- A couple that’s been trying to have a baby, but that just experienced their 3rd miscarriage.
- A grandpa that’s been in so much pain they haven’t carried their grandchildren in 2 years.
- A spouse who is giving it their all to make the marriage work, only to be met with indifference.

Regardless of how you feel, or what may be going on, life always demands more of us. Everyday.

Psalms 55:6-8 I said, “If only I had wings like a dove! I would fly away and find rest.

⁷How far away I would flee; I would stay in the wilderness. *Selah*

⁸I would hurry to my shelter from the raging wind and the storm.”

Q: Ever wished you could just get away?

Today we’ll visit the book of 1 Kings, to glean from a man named Elijah, who despite having a great and impressive track record, experienced this very thing.

TEXT: 1 Kings 19:1-18

Some background on Elijah leading up to this:

- Prophet of God under the O.C. which meant God spoke to him directly and he would speak to the people
 - **1 Kings 17:1** Now Elijah the Tishbite, from the Gilead settlers, said to Ahab, “As the Lord God of Israel lives, in whose presence I stand, there will be no dew or rain during these years except by my command!”
- Fed by birds!
 - **1 Kings 17:6** The ravens kept bringing him bread and meat in the morning and in the evening, and he would drink from the wadi.
- Raised a boy from the dead!
 - **1 Kings 17:21-22** Then he stretched himself out over the boy three times. He cried out to the Lord and said, “Lord my God, please let this boy’s life come into him again!”
²²So the Lord listened to Elijah, and the boy’s life came into him again, and he lived.
- He confronted the nation to their faces of idolatry
 - **1 Kings 18:21** Then Elijah approached all the people and said, “How long will you waver between two opinions? If the Lord is God, follow him. But if Baal, follow him.” But the people didn’t answer him a word.
- He challenged 450 prophets of Baal...and won!
 - Home team goes first: **1 Kings 18:26-29** So they took the bull that he gave them, prepared it, and called on the name of Baal from morning until noon, saying, “Baal, answer us!” But there was no sound; no one answered. Then they danced around the altar they had made.
²⁷At noon Elijah mocked them. He said, “Shout loudly, for he’s a god! Maybe he’s thinking it over; maybe he has wandered away; or maybe he’s on the road. Perhaps he’s sleeping and will wake up!” ²⁸They shouted loudly, and cut themselves with knives and spears, according to their custom, until blood gushed over them. ²⁹All afternoon they kept on raving until the offering of the evening sacrifice, but there was no sound; no one answered, no one paid attention.
 - After rebuilding & soaking the altar, it’s his turn: **1 Kings 18:37-40** Answer me, Lord! Answer me so that this people will know that you, the Lord, are God and that you have turned their hearts back.” ³⁸Then the Lord’s fire fell and consumed the burnt offering, the wood, the stones, and the dust, and it licked up the water that was in the trench. ³⁹When all the people saw it, they fell facedown and said, “The Lord, he is God! The Lord, he is God!” ⁴⁰Then Elijah ordered them, “Seize the prophets of Baal! Do not let even one of them escape.” So they seized them, and Elijah brought them down to the Wadi Kishon and slaughtered them there.
- Here's how chapter 18 closes out:
1 Kings 18:46 The power of the Lord was on Elijah...

Where do you go from here? You’re killing it Eijah!

1 Kings 19:1-2 Ahab told Jezebel everything that Elijah had done and how he had killed all the prophets with the sword. ²So Jezebel sent a messenger to Elijah, saying, “May the gods punish me and do so severely if I don’t make your life like the life of one of them by this time tomorrow!”

The next verse should read something like:

“then Elijah put one hand on his hip and held the other out and said talk to thew hand cause the face ain’t listening! And he reminded her of everything that God had done, and how her supposed gods never showed up!”

But that's not what it says...

1 Kings 19:3 Then Elijah became afraid and immediately ran for his life...

I don't know if it's just me, but I don't understand this at all!...

and at the same time, I completely get it!

See, what we're about to find out is that on the outside Elijah is strong,
but on the inside, he's running low on fuel, he's weakened.

**We must be careful that what we give, or do for God,
comes out of the overflow of what we have received from God.**

Elijah is a prime case study for what we often do when we've reached our breaking point

1 Kings 19:3-4 Then Elijah became afraid and immediately ran for his life. When he came to Beer-sheba that belonged to Judah, he left his servant there, ⁴but he went on a day's journey into the wilderness. He sat down under a broom tree and prayed that he might die. He said, "I have had enough! Lord, take my life, for I'm no better than my ancestors

Trigger > Separation > Isolation > Desperation

Isn't it ironic, this all came crashing down because Jezebel wants him dead,
and his proposed solution is that God kills him?

Psychologists point out ***the unhealthy progression of our response to emotional distress:***
Self-protection – Self-pity – Self-punishment – Self-destruction

I'm thankful for a God who loves to crash my pity parties and shows up even when not invited-

1 Kings 19:5-8 Then he lay down and slept under the broom tree.

Suddenly, an angel touched him. The angel told him, "Get up and eat." ⁶Then he looked, and there at his head was a loaf of bread baked over hot stones, and a jug of water. So he ate and drank and lay down again. ⁷Then the angel of the Lord returned for a second time and touched him. He said, "Get up and eat, or the journey will be too much for you." ⁸So he got up, ate, and drank. Then on the strength from that food, he walked forty days and forty nights to Horeb, the mountain of God.

3 things I want to point out here:

- **Supernatural help often comes in natural packages** (V6)
Sometimes all we need is a nap and a snack! Sometimes you do need meds.
Sometimes you have to accept the gift someone is giving you to pay the rent.
- **God sees our weakness** (V7)
Can you imagine being the angel on this assignment! LOL
God know what you need even if you haven't figured it out yet
- **God doesn't always rush healing**
40 days is a long walk, and we have no record of God intervening in those 40 days.
Elijah is still emotionally drained.

So he walks towards Horeb...Here's what's interesting,
Mt. Carmel (where the showdown happened) was culturally Baal's Mountain;
Horeb/ Sinai was culturally Yahweh's Mountain (Moses & the Israelites saw God's power)

Was he going there because he thought that place to be more special?
Was he going there because that's where the Lord reveal His name to Moses?

We can't say. What I can tell you is that some of us are wandering around looking for
an experience with God in some special place, trying to re-live that camp/retreat
experience, trying to feel what we felt at that conference;
but God will not be bound, He will be found in the places we least expect

1 Kings 19:9 He entered a cave there and spent the night. Suddenly, the word of the Lord came to him, and he said to him, "What are you doing here, Elijah?"

God's questions are for our reflection

1 Kings 19:10 He replied, "I have been very zealous for the Lord God of Armies, but the Israelites have abandoned your covenant, torn down your altars, and killed your prophets with the sword. I alone am left, and they are looking for me to take my life."

Really, what about the 100 prophets Obadiah hid away that he told you about? (18:13)

1 Kings 19:11-13 Then he said, "Go out and stand on the mountain in the Lord's presence."
At that moment, the Lord passed by. A great and mighty wind was tearing at the mountains and was shattering cliffs before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. ¹²After the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was a voice, a soft whisper. ¹³When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Suddenly, a voice came to him and said, "What are you doing here, Elijah?"

Why a whisper? Whispers require us to lean in, lean closer

Sometimes Grace is the thundering from heaven;
other times, often times, God whispers grace into our lives

1 Kings 19:14 "I have been very zealous for the Lord God of Armies," he replied, "but the Israelites have abandoned your covenant, torn down your altars, and killed your prophets with the sword. I alone am left, and they're looking for me to take my life."

It's the same song! Why doesn't Elijah just get better!

Thankfully this is the very mountain in which God also revealed to Moses-
Exodus 34:6 The Lord passed in front of him and proclaimed: The Lord—the Lord is a
compassionate and gracious God, slow to anger and abounding in faithful love and truth

In his kindness, God deals tenderly with Elijah, even though Elijah has not yet gotten out of his funk:

1 Kings 19:15-18 Then the Lord said to him, “Go and return by the way you came to the Wilderness of Damascus. When you arrive, you are to anoint Hazael as king over Aram. ¹⁶You are to anoint Jehu son of Nimshi as king over Israel and Elisha son of Shaphat from Abel-meholah as prophet in your place. ¹⁷Then Jehu will put to death whoever escapes the sword of Hazael, and Elisha will put to death whoever escapes the sword of Jehu. ¹⁸But I will leave seven thousand in Israel—every knee that has not bowed to Baal and every mouth that has not kissed him.”

In essence God is saying, ‘Go back and I will take care of the things that are out of your power’

Elijah would in fact not die under a broom tree....Elijah and Elisha were walking together-

2 Kings 2:11 As they continued walking and talking, a chariot of fire with horses of fire suddenly appeared and separated the two of them. Then Elijah went up into heaven in the whirlwind.

A Poem from Warren Wiersbe’s book, ‘The bumps are what you climb on’

Yesterday God helped for me,

Today He’ll do the same.

How long will this continue?

Forever-- praise his name!

MAIN POINT: When we feel like we have nothing left in us,
we are perfectly positioned to experience Jesus living through us

“the Christian life is not me living for Jesus but Jesus living his life in and through me.” - Vance Pitman

God will allow you to become drained so that you would see what fuel you have been running on

CALL TO ACTION-

Listen less and talk more to yourself

Martin Lloyd-Jones, SPIRITUAL DEPRESSION,

“The main trouble in this whole matter of spiritual depression in a sense is this, that we allow our self to talk to us instead of talking to our self. Am I just trying to be deliberately paradoxical? Far from it. This is the very essence of wisdom in this matter. Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?”

An example of this from scripture:

Psalms 42:5 Why, my soul, are you so dejected? Why are you in such turmoil?

Put your hope in God, for I will still praise him, my Savior and my God.

*Call up worship team

COMMUNION

Bullpen-

God meets our brokenness with tenderness

God showed the ravaging of his might, but then cradled Elijah in a soft breeze

CS Lewis, TCON, ""Aslan is a lion- the Lion, the great Lion." "Ooh" said Susan. "I'd thought he was a man. Is he-quite safe? I shall feel rather nervous about meeting a lion..."Safe?" said Mr Beaver ..."Who said anything about safe? 'Course he isn't safe. But he's good."

God is dangerous, but he is good.

When I have nothing left in me is precisely when God can fill me with His bounty

James 5:17 Elijah was just a man like us

Jonah ran because he did not want to do what God asked, but Elijah ran because he did do what God asked, and it was too much for him

Horeb/sinai was the mountain of God- where God revealed who he is (The Lord the Lord...)

Elijah retreated into intimacy with God

He dumped it all on God- his frustration his disappointment, his fear

Pete sczero- its impossible to be spiritually mature while remaining emotionally immature

I would add, it is impossible to be emotionally mature without being physically mature

JMC- 7 steps

Resting

Waiting (the journey down could be walked in a week or so, but took him 40 days, with no word or revelation from God)

Feeling (his prayer changes) being honest

Naming

Hearing

Being transformed

Reentering society

Don't run from emotional pain- but meet God in it

Elijah is able to go back and face the same circumstances not because he pulled himself up by the bootstraps, but because he spend time with God and had overflow

Steve Carter, *The thing beneath the thing*

- **Triggers:** The setup that sets us off.
- **Hideouts:** The metaphorical places we go to escape the pain of our story.
- **Insecurities:** The false stories we create about ourselves.

- **Narratives:** The false stories we create about others.
- **Grace:** The ongoing process and spiritual power that makes us whole, holy and spiritually healthy.

Jim Cress “If you find yourself getting hysterical, it’s most likely historical.”

He kept talking to God the whole time

Stressors:

- His commitment to God
- Society’s lack of commitment to God
- A sense of isolation/ loneliness

Responses:

- Fear/ anxiety
- Withdrawal
- Exhaustion
- Despair

God’s Remedy:

- Reflection/ recentering on God
- Reinforcements/ others
- Food & Rest
- His Presence