

RUNNING ON EMPTY

Symptoms When the Needle is on “E”
Scott Hansen, Lead Pastor – April 7, 2013

1 KINGS 19

PRINCIPLE #1: Sometimes our problem is not that we forget we are Christians, but rather we forget that we are humans.

HISTORICAL CONTEXT

- ▶ Division, moral compromise & apostasy
- ▶ Godless leadership (1 Kings 21:20,25)
- ▶ Showdown at Mount Carmel (1 Kings 18)
- ▶ Apparent revival (1 Kings 18:45-46; 1 Kings 19:1-4)

SYMPTOMS OF (SPIRITUAL EXHAUSTION OR) POTENTIAL BURN-OUT

- Emotional skin grows thin
- Feelings of worthlessness
- Decreased pleasure in life
- Less energy
- Lowered activity levels
- Sense of hopelessness
- Difficulty concentrating
- Creativity diminishes
- Decision making comes hard
- Fear & anxiety mushroom
- Feeling alone
- Isolation
- “Stinking thinking”
- Frequent tears
- Lack of marital attraction
- Eating disorders
- Aches & pains
- Depression
- Faulty expectations (Next week!)

CAUSES (TRIGGERS) OF DEPRESSION

- Traumatic experience(s)
- Ongoing, unresolved problems
- Weakening of your natural defenses
- Long-term stress
- Getting caught in a tidal wave of emotions with neurochemical reactions

TheBridgeFresno.com/anxiety (great article on anxiety & depression)

WALKING THROUGH ELIJAH’S “EMPTY”

- ❶ Feeling helpless against the tide of evil
- ❷ Being falsely accused of being a part of the problem (Matthew 5:11-12)
- ❸ Being physically & emotionally exhausted (James 5:17)
- ❹ Being obsessed with thoughts about dying (1 Kings 19:4)

PRINCIPLE #2: God is willing & able to meet your physical, emotional & spiritual needs.

- ▶ Provided Elijah needed food & rest (vv. 5-8)
- ▶ Offered His child “down time” (vv. 8-9)
- ▶ Provided Elijah a holy, safe place (v.9)
- ▶ Confronted his “stinking thinking” (vv.9,13)
- ▶ Listened to Elijah’s “woe is me” story (vv.10,14)
- ▶ Dealt with Elijah through a gentle whisper (vv. 11-13)
- ▶ Gave His servant perspective (vv.15-17)
- ▶ Gave His servant a friend (v.17)
- ▶ Informed His servant that there were still 7,000 true Israelite believers (v.18)
- ▶ Recommissioned His servant (vv.15-18)

GOD IN THE MIDDLE OF OUR “EMPTY” (Psalm 103:13-18)

- ▶ God is there
- ▶ God cares
- ▶ God will move into the middle of your despair & create hope again
- ▶ God provides what you need
- ▶ God gives perspective
- ▶ God will get you back into the game



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Lesson Aim: To help us discern when we are “running on empty” and how to turn to God when we are.

Prayer: Ask the Holy Spirit to lead your personal study time and/or discussion.

Icebreaker: What is one place you like to go or one thing you like to do when life gets too heavy for you?

1. **Review:** What do you remember from this weekend’s teaching about what happened in 1 Kings 18 which sets up the context for 1 Kings 19? (read 1 Kings 18:16-46 if necessary.)
2. **READ 1 Kings 19:1-8.** Why did Elijah run away? Why did Elijah pray to die?
3. In the teaching last weekend, Pastor Scott talked about **“Symptoms of Spiritual Exhaustion or Potential Burn-out.”** Look over that section in your notes. Has there ever been a time in the past when you have strongly experienced one or more of these symptoms? How did God help you through it?
4. Is there anything going on in your life right now that is causing you to experience one or more of these symptoms?

5. **Stop and have a time of prayer right now** for some of the things that have been discussed in answer to question 4.
6. **READ 1 Kings 19:9-18.** What was God saying to Elijah through the wind, earthquake, fire and whisper? What was God saying to Elijah in verses 15-18?
7. Look over the section in your notes called “God in the Middle of Our Empty.” Which of these principles mean the most to you right now and why?
8. What are some ways God meets Elijah’s physical, emotional and spiritual needs? Why are all three important?
9. Which of these three needs do you tend to neglect the most? Why?
10. What are some ways you can better allow God to meet these needs in your life?

Close in prayer as the Lord leads you.

This **LifeGroup** Study Guide is designed to help you apply Sunday’s message. You can do this homework on your own; however we encourage you to check out our warm and friendly message-based **LifeGroups!** Get a copy of this Study Guide at theBridgeFresno.com by clicking on the “Messages” link.