

Friday

Read 1 Kings 19:18. What does God tell Elijah? Why is this encouraging? Do you ever think you have to do everything for God yourself, and you're all alone as a believer at work or school or in your extended family?

Ask God to show you the some of the "reinforcements" in your life!

Saturday

Please pray for the services this weekend, that God will use them in amazing ways!



Fill Up: Finding Energy in a Draining World

René Schlaepfer
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Are You Drained?

1. Are you constantly tired? Do you feel lethargic and empty?
2. Have you noticed a change in sleeping or eating patterns?
3. Do minor problems and disappointments upset you excessively?
4. Do the small pleasures of life fail to satisfy you?
5. Have you developed chronic worry about your life, kids, or finances?
6. Do you feel inadequate or suffer from self-doubt?
7. Do you experience flashes of anger over things which used to not bother you?
8. Do you suffer from chronic pain, headaches, or back aches?
9. Do you alternate between feeling worthless and irreplaceable?
10. Do you feel unappreciated?
11. Do you always see life, work, or ministry as a chore, a drudge, or a burden?

(Source: Dr. Paul Meier and Dr. Frank Minirth)

How Can I Find Energy in a Draining World? 4 Lessons from Elijah

[Elijah] came to a . . . tree, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life. . . ." *1 Kings 19:4 (NIV)*

1. _____

Then he lay down under the tree and fell asleep. . . . an angel touched him and said, "Get up and eat." He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. **He ate and drank and then lay down again.** *1 Kings 19:5,6*

And He said to them, "Come aside by yourselves to a deserted place and rest a while." For there were many coming and going, and they did not even have time to eat. So they departed to a deserted place in the boat by themselves. *Mark 6:31-32 (NKJV)*

While you are caring for others, how are you caring for yourself?

Are you receiving proper rest, nutrition, and exercise?

Are you short-changing yourself on your days off and vacations?

2. _____
 The LORD said [to Elijah], “Go out and stand on the mountain in the presence of the LORD...”
 [A] great and powerful wind tore the mountains apart and shattered the rocks... but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake.
 After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a **gentle whisper**. *1 Kings 19:11,12 (NIV)*

*Do you get away to listen to the whisper of God?
 Do you read the Bible or worship in any place other than church?*

3. _____
 And the word of the LORD came to him: “What are you doing here, Elijah?” He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. **I am the only one left, and now they are trying to kill me too.**” *1 Kings. 19:9,10 (God asks this twice!)*

*Are you honest about your anger, your frustrations, your disappointments?
 Do you pour your heart out to God?
 Are you able to laugh?*

4. _____
 “...anoint Hazael king over Aram... anoint Jehu... king over Israel, and anoint Elisha... to succeed you as prophet.” *1 Kings 19:15b-16 (See Exod. 18:14-23)*

[The LORD said to Elijah] “...I reserve **seven thousand** in Israel — all whose knees have not bowed down to Baal...” *1 Kings 19:18*

“Elijah went from there and found Elisha son of Shaphat... he set out to follow Elijah and became **his attendant.**” *1 Kings 19:19a,21b*

*Are you a perfectionist who can't let others do some of your tasks?
 When's the last time you delegated even a minor task?
 Are you proactively looking for organizational solutions?*

Note the grace of God displayed in these points!
 God graciously provides the food, rest, drink,
 support, and direction Elijah needs.
 And He will supply your needs by His grace, too!

“But as for you, be strong and do not give up,
 for your work will be rewarded.”
2 Chronicles 15:7

The bottom line: Don't _____

Monday

Are you at a point in your life where you feel “out of gas”? Why?

Read 1 Kings 19. Review the message notes. In what ways do you relate to Elijah?

Which points are easiest for you to practice? Which are hardest?

Ask God to help you fill up spiritually this week as you spend time with Him in these daily devotions!

Tuesday

Read 1 Kings 19:3-7. In Elijah's most discouraged moment, what did he need most? What did God do for him?

Note that God takes him on a journey to a far-off place where he can get even more rest and reconnect with God. What does God want for you?

Read Isaiah 30:15. Take time right now for a “mini-vacation:” Close your eyes, and tell your eye muscles to relax. Let your shoulders drop. Let your jaw relax. Find time at least twice a day to rest a while!

Thank God for His rest. Spend time in prayer just resting in Him.

Wednesday

Read Luke 5:16. If Jesus had to withdraw to lonely places to pray, just as God asked Elijah to do, we need to take time to reconnect too! Take some time today to shut out as many distractions as you can, and spend as much time as you can — a half hour or more — in quiet prayer. Just read a Bible passage, and then listen to God! Like Elijah, be honest — and make sure you listen for that quiet voice of God, too!

Thursday

Read Exodus 18:13-23. What was Moses' problem in these verses? What good advice does he get? How did God tell Elijah to reorganize and “team up”?

Read Ecclesiastes 4:9-10, Matthew 26:38, Luke 1:39-40 & Galatians 6:2. It can be humbling to ask others to help; when you feel overwhelmed you sometimes do not even know where to begin asking for help. What truth about letting others help do you see in these verses?

How can you ask others to come alongside you and help right now?

Who in your life may need you to come alongside them and offer to help? How will you do that this week?

Thank God today that He knew you would need others in your life. Pray that you will both be willing to seek help and offer help to others.



“But as for you, be strong
 and do not give up,
 for your work will be rewarded.”
2 Chronicles 15:7 (NIV)