

Suburban Birds Part 4
When a Failure Leaves You Empty
06/02/2019

- Failure
- When a failure leaves you on empty

Luke 5:16 (NIV) But Jesus often withdrew to lonely places and prayed

1 Kings 18:36-38 (ESV) And at the time of the offering of the oblation, Elijah the prophet came near and said, "O Lord, God of Abraham, Isaac, and Israel, let it be known this day that you are God in Israel, and that I am your servant, and that I have done all these things at your word. Answer me, O Lord, answer me, that this people may know that you, O Lord, are God, and that you have turned their hearts back." Then the fire of the Lord fell and consumed the burnt offering and the wood and the stones and the dust, and licked up the water that was in the trench.

1 Kings 19:1-5 (ESV) 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 more also, if I do not make your life as the life of one of them by this time tomorrow." Then he was afraid, and he 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 broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers." And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, "Arise and eat."

1 Kings 19:10 (NIV) He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn 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."

How do I know when my emotional tank is empty?

1st) **FEAR** creeps into my life. "*Then he was afraid*"

- When fear comes into your life, it can be because your emotional tank is empty

2nd) I find myself **FLEEING** from normal activity. "*and he arose and ran for his life*"

- Question: What are you running from right now?

3rd) I lose the **FOCUS** on my relationships. "*and left his servant there*"

4th) I make **FOOLISH** and impulsive decisions. "*But he himself went a day's journey into the wilderness*"

5th) I **FUSS** and gripe that I want to quit and give up. “*and came and sat down under a broom tree...It is enough*”

6th) I **FEEL** isolated and attacked. “*I am the only one left, and now they are trying to kill me too*”

1 Kings 19:18 "Actually, Elijah, there are 7,000 other faithful souls in Israel who have not bowed down their knees to the false god of Baal."

- You're most vulnerable after a victory

7th) I **FOSTER** comparison to others, and I feel bad about me. “*for I am no better than my fathers.*”

- We depreciate our worth when we feel burned out

8th) I **FORGET** truth and believe lies. “*And he asked that he might die,*”

James 5:17 (ESV) Elijah was a man with a nature like ours

A) God makes me **REST** my body.

Psalm 23:2-3 (NKJV) He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul;

- John Ortberg - Sometimes the most spiritual thing you can do is take a nap
- You can't be spiritually and emotionally strong while you're physically depleted

1 Kings 19:5-8 (ESV) And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, “Arise and eat.” And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. And the angel of the Lord came again a second time and touched him and said, “Arise and eat, for the journey is too great for you.” And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

- A Krispy Kreme Donut and a bottle of Aquafina
- The antidote to Elijah's burnout was eat and sleep and eat and sleep

Psalm 127:2 (TLB) It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.

- Take care of your body
- *God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.*

B) God **ENCOURAGES** me to release my frustrations.

1 Kings 19:8-9 (ESV) And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God. There he came to a cave and lodged in it. And behold, the word of the Lord came to him, and he said to him, "What are you doing here, Elijah?"

- Whenever God asks you a question, he already knows the answer
- "I'm afraid. I'm bitter. I'm angry. I'm lonely. I'm worried. I'm depressed."
- God isn't shocked when you complain to him

1 Peter 5:7 (CEB) Throw all your anxiety onto him, because he cares about you.

C) God tells me to **REFOCUS** on him.

1 Kings 19:11-13 (ESV) And he said, "Go out and stand on the mount before the Lord." And behold, the Lord passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake. And after the earthquake a fire, but the Lord was not in the fire. And after the fire, the sound of a low whisper. And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, "What are you doing here, Elijah?"

- I'm in control here. You can relax
- At times, the root of being emotionally empty is you're trying to play God
- You're trying to control everything, and you can't

1 Kings 19:15-16 (ESV) And the Lord said to him, "Go, return on your way to the wilderness of Damascus. And when you arrive, you shall anoint Hazael to be king over Syria. 16 And Jehu the son of Nimshi you shall anoint to be king over Israel, and Elisha the son of Shaphat of Abel-meholah you shall anoint to be prophet in your place.

- He gives him an assignment
- God wasn't through with Elijah, and God isn't through with you!