

O V E R C O M I N G
FEAR &
DISCOURAGEMENT

1 KINGS 19:1-16

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12 May 2024

INTRODUCTION

1 KINGS 19:1-16 (NASB)

¹ Now Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. ² Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and even more, if I do not make your life as the life of one of them by tomorrow about this time."

1 KINGS 19:1-16 (NASB)

3 And he was afraid and arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

1 KINGS 19:1-16 (NASB)

4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, "It is enough; now, O Lord, take my life, for I am not better than my fathers."

1 KINGS 19:1-16 (NASB)

5 He lay down and slept under a juniper tree; and behold, there was an angel touching him, and he said to him, “Arise, eat.” 6 Then he looked and behold, there was at his head a bread cake baked on hot stones, and a jar of water. So he ate and drank and lay down again.

1 KINGS 19:1-16 (NASB)

7 The angel of the Lord came again a second time and touched him and said, “Arise, eat, because the journey is too great for you.”

8 So he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mountain of God.

1 KINGS 19:1-16 (NASB)

9 Then he came there to a cave and lodged there; and behold, the word of the Lord came to him, and He said to him, “What are you doing here, Elijah?”

1 KINGS 19:1-16 (NASB)

10 He said, “I have been very zealous for the Lord, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away.”

1 KINGS 19:1-16 (NASB)

11 So He said, “Go forth and stand on the mountain before the Lord.” And behold, the Lord was passing by! And a great and strong wind was rending the mountains and breaking 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.

1 KINGS 19:1-16 (NASB)

12 After the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of a gentle blowing. **13** When Elijah heard it, he wrapped his face in his mantle and went out and stood in the entrance of the cave. And behold, a voice came to him and said, “What are you doing here, Elijah?”

1 KINGS 19:1-16 (NASB)

14 Then he said, “I have been very zealous for the Lord, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away.”

1 KINGS 19:1-16 (NASB)

15 The Lord said to him, “Go, return on your way to the wilderness of Damascus, and when you have arrived, you shall anoint Hazael king over Aram;

1 KINGS 19:1-16 (NASB)

**16 and Jehu the son of Nimshi you shall
anoint king over Israel; and Elisha the son
of Shaphat of Abel-meholah you shall
anoint as prophet in your place.**

Background

- **Miracle at Mount Carmel**

Background

- **Miracle at Mount Carmel**
- **1 Kings 18**

Background

- **Miracle at Mount Carmel**
- **1 Kings 18**
- **Showdown to see who is the one true God**

Background

- **Prophets of Baal called on the name of Baal**

Background

- **Prophets of Baal called on the name of Baal**
- **Nothing happened**

Background

- **Prophets of Baal called on the name of Baal**
- **Nothing happened**
- **Elijah prayed**

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- **Fire of God fell and consumed everything**

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- **Prophets of Baal called on the name of Baal**
- **Nothing happened**
- **Elijah prayed**
- **Fire of God fell and consumed everything**
- **Prophets of Baal executed**

Background

- **Jezebel became very angry**

Background

- **Jezebel became very angry**
- **She sent a personal note to Elijah**

Background

- **Jezebel became very angry**
- **She sent a personal note to Elijah**
“So may the gods do to me and even more, if I do not make your life as the life of one of them by tomorrow about this time.”

Road Map

- a) Elijah's Response to Jezebel's Threat**
- b) God's Response to Elijah**

a) Elijah's Response to Jezebel's Threat

- **Elijah was terrified!**

a) Elijah's Response to Jezebel's Threat

- **Elijah was terrified!**
- **Overwhelmed with fear**

a) Elijah's Response to Jezebel's Threat

- **Elijah was terrified!**
- **Overwhelmed with fear**
- **Ran for his life**

a) Elijah's Response to Jezebel's Threat

- **Elijah was terrified!**
- **Overwhelmed with fear**
- **Ran for his life**
- **Overcome with despair**

a) Elijah's Response to Jezebel's Threat

- **Elijah was terrified!**
- **Overwhelmed with fear**
- **Ran for his life**
- **Overcome with despair**
- **Prayed to God to take his life**

a) Elijah's Response to Jezebel's Threat

- **Elijah was terrified!**
- **Overwhelmed with fear**
- **Ran for his life**
- **Overcome with despair**
- **Prayed to God to take his life**
- **As if he had forgotten everything God had done on Mount Carmel**

a) Elijah's Response to Jezebel's Threat

- **First Lesson:**

- **Acknowledging how we feel**

a) Elijah's Response to Jezebel's Threat

- **First Lesson:**

- **Acknowledging how we feel**
- **Perfectly natural for us to be afraid and worried**

a) Elijah's Response to Jezebel's Threat

- **First Lesson:**
 - **Acknowledging how we feel**
 - **Perfectly natural for us to be afraid and worried**
- **"Where is our faith in God?"**

a) Elijah's Response to Jezebel's Threat

- **First Lesson:**
 - **Acknowledging how we feel**
 - **Perfectly natural for us to be afraid and worried**
- **“Where is our faith in God?”**
- **We try to deny our feelings**

a) Elijah's Response to Jezebel's Threat

- **When we are afraid and worried, it does not mean that our faith in God is weak**

a) Elijah's Response to Jezebel's Threat

- **When we are afraid and worried, it does not mean that our faith in God is weak**
- **Even Elijah panicked!**

a) Elijah's Response to Jezebel's Threat

- **When we are afraid and worried, it does not mean that our faith in God is weak.**
- **Even Elijah panicked!**
- **We can be totally honest about how we feel**

a) Elijah's Response to Jezebel's Threat

- **When we are afraid and worried, it does not mean that our faith in God is weak.**
- **Even Elijah panicked!**
- **We can be totally honest about how we feel**
- **BUT we must not allow our feelings to control us**

a) Elijah's Response to Jezebel's Threat

- **What can we do about it?**

a) Elijah's Response to Jezebel's Threat

- **What can we do about it?**
- **Elijah was running to Mount Horeb:
the Mountain of God!**

a) Elijah's Response to Jezebel's Threat

- **What can we do about it?**
- **Elijah was running to Mount Horeb:
the Mountain of God!**
- **Elijah was running towards God**

a) Elijah's Response to Jezebel's Threat

- **What can we do about it?**
- **Elijah was running to Mount Horeb:
the Mountain of God!**
- **Elijah was running towards God**
- **He knew he needed to run to God**

a) Elijah's Response to Jezebel's Threat

- **2nd Lesson:**

- **When we are afraid and worried,
run to God**

a) Elijah's Response to Jezebel's Threat

- **2nd Lesson:**

- **When we are afraid and worried,
run to God**
- **Tell Him how we feel**

a) Elijah's Response to Jezebel's Threat

- **2nd Lesson:**

- **When we are afraid and worried,
run to God**
- **Tell Him how we feel**
- **Tell God we are afraid and worried**

a) Elijah's Response to Jezebel's Threat

- **2nd Lesson:**

- **Tell Him we are upset and discouraged, and even angry**

a) Elijah's Response to Jezebel's Threat

- **2nd Lesson:**

- **Tell Him we are upset and discouraged, and even angry.**
- **We can tell God we are angry with Him too**

JOB 7:11 (NASB)

**“I will not restrain my mouth;
I will speak in the anguish of my spirit,
I will complain in the bitterness of my soul.”**

a) Elijah's Response to Jezebel's Threat

- **God did not take offence at Job**

a) Elijah's Response to Jezebel's Threat

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- **Job 42:9 tells us that God
“accepted” Job**

a) Elijah's Response to Jezebel's Threat

- **God did not take offence at Job.**
- **Job 42:9 tells us that God “accepted” Job.**
- **“Accepted” here means “to lift up in honour”**

a) Elijah's Response to Jezebel's Threat

- **God did not take offence at Job.**
- **Job 42:9 tells us that God “accepted” Job.**
- **“Accepted” here means “to lift up in honour”**
- **Job's complaints were prayers**

a) Elijah's Response to Jezebel's Threat

- **King David complained a lot to God**

a) Elijah's Response to Jezebel's Threat

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- **Psalm 88 – written by Heman, choir director appointed by King David**

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- **God wants us to go to Him**

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- **Psalms 88 – written by Heman, choir director appointed by King David**
- **God wants us to go to Him**
- **Tell Him exactly how we feel**

a) Elijah's Response to Jezebel's Threat

- **King David complained a lot to God**
- **Psalms 88 – written by Heman, choir director appointed by King David**
- **God wants us to go to Him**
- **Tell Him exactly how we feel**
- **In doing so, we honour God for who He is**

a) Elijah's Response to Jezebel's Threat

2 Lessons:

- i) When we are afraid and worried,
it does not mean that our faith in
God is weak**

a) Elijah's Response to Jezebel's Threat

2 Lessons:

- i) When we are afraid and worried,
it does not mean that our faith in
God is weak**
- ii) When we are afraid and worried,
we need to run to God and tell Him
how we feel**

b) God's Response to Elijah

- **The Lord sent an angel to bring food and water to Elijah**

b) God's Response to Elijah

- **The Lord sent an angel to bring food and water to Elijah**
- **God was not angry with Elijah**

b) God's Response to Elijah

- **The Lord sent an angel to bring food and water to Elijah**
- **God was not angry with Elijah**
- **God was concerned about Elijah**

b) God's Response to Elijah

First thing we learn:

b) God's Response to Elijah

First thing we learn:

- **When we are going through a crisis and experiencing immense fear and worry, we need to remember that God is watching over us and caring for us still**

b) God's Response to Elijah

First thing we learn:

- **When we are going through a crisis and experiencing immense fear and worry, we need to remember that God is watching over us and caring for us still**
- **He does so through the “angels” in our lives**



b) God's Response to Elijah

- **Elijah eventually reached Mount Horeb**

b) God's Response to Elijah

- **Elijah eventually reached Mount Horeb.**
- **The first time God spoke**

b) God's Response to Elijah

- **Elijah eventually reached Mount Horeb.**
- **The first time God spoke**
- ***“What are you doing here?”***

1 KINGS 19:10 (NASB)

He said, “I have been very zealous for the Lord, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away.”

b) God's Response to Elijah

- **Elijah was looking only at himself and his problems**

b) God's Response to Elijah

- **Elijah was looking only at himself and his problems.**
- **Elijah was not expecting something like this to happen to him**

b) God's Response to Elijah

- **Elijah was looking only at himself and his problems**
- **Elijah was not expecting something like this to happen to him**
- **Like Elijah, we struggle to understand why God allow the crisis in our lives**



b) God's Response to Elijah

- **After hearing Elijah, what did God do?**

b) God's Response to Elijah

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- **supernatural display of God's power**

b) God's Response to Elijah

- **After hearing Elijah, what did God do?**
- **supernatural display of God's power**
- **God reminded Elijah who He is**

b) God's Response to Elijah

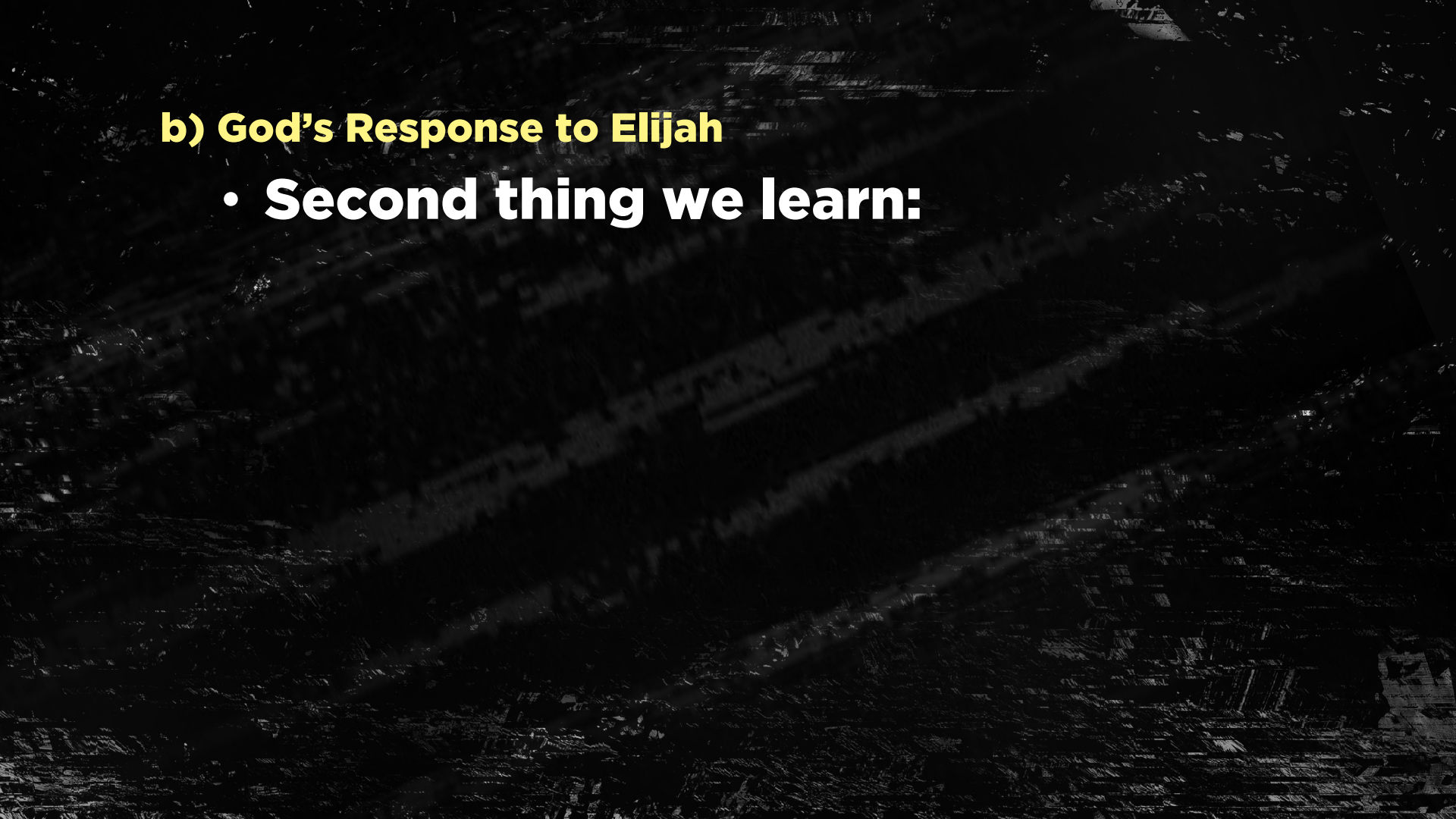
- **After hearing Elijah, what did God do?**
- **supernatural display of God's power**
- **God reminded Elijah who He is.**
- **God asked Elijah again, “*What are you doing here?*”**

b) God's Response to Elijah

- **Elijah had been reminded that God was bigger than his problems**

b) God's Response to Elijah

- **Elijah had been reminded that God was bigger than his problems**
- **God was trying to shift Elijah's focus from himself and his problems back towards God**



b) God's Response to Elijah

- **Second thing we learn:**

b) God's Response to Elijah

- **Second thing we learn:**
 - **God is WAY bigger than our problems.**

b) God's Response to Elijah

- **Second thing we learn:**
 - **God is WAY bigger than our problems**
- **God did not talk to Elijah about his problems and feelings**

b) God's Response to Elijah

- **Second thing we learn:**
 - **God is WAY bigger than our problems**
- **God did not talk to Elijah about his problems and feelings**
- **He did not even provide any answers or solution**

b) God's Response to Elijah

- **God did not have to say anything because He was in total control of Elijah's situation**

b) God's Response to Elijah

- **God did not have to say anything because He was in total control of Elijah's situation**
- **God said, "Go return"**

b) God's Response to Elijah

- **God did not have to say anything because He was in total control of Elijah's situation**
- **God said, "Go return"**
- **God even gave Elijah a new assignment**

b) God's Response to Elijah

- **Turn from looking at ourselves and our problems and look to God**

b) God's Response to Elijah

- **Turn from looking at ourselves and our problems and look to God.**
- **Get back on our feet again, and return to serving Him**

b) God's Response to Elijah

- **How do we do that?**

b) God's Response to Elijah

- **How do we do that?**
 - **Turn to God's promises in the bible**

b) God's Response to Elijah

- **How do we do that?**
 - **Turn to God's promises in the bible**
 - **Talk to someone in church**

b) God's Response to Elijah

- **How do we do that?**
 - **Turn to God's promises in the bible**
 - **Talk to someone in church**
 - **Encourage one another. Pray for one another**

b) God's Response to Elijah

- **How do we do that?**
 - **Turn to God's promises in the bible**
 - **Talk to someone in church**
 - **Encourage one another. Pray for one another**
 - **Pray together with one another**

b) God's Response to Elijah

2 Lessons:

- i) In our times of fear and discouragement, we can be sure that God love us and care for us deeply and He know how we feel and what we need**

b) God's Response to Elijah

2 Lessons:

- i) In our times of fear and discouragement, we can be sure that God love us and care for us deeply and He know how we feel and what we need**
- ii) God is WAY bigger than our problems and we must learn to shift our focus to Him**

CONCLUSION