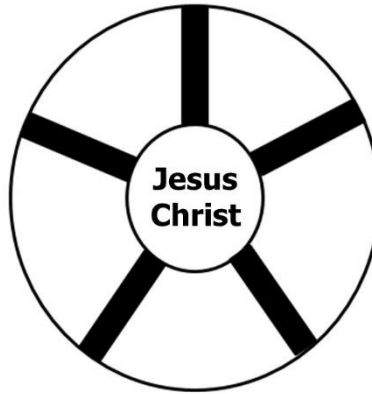


Balancing Your Spiritual Life



Jesus grew in wisdom and in stature and in favor with God and all the people. Luke 2:52

Elijah was as human as we are, and yet when he prayed earnestly that no rain would fall, none fell for three and a half years! James 5:17

Causes of Emotional Imbalance:

- I) _____ . 1 Kings 19:3a
- II) _____ . 1 Kings 19:4b
- III) _____ . 1 Kings 19:4c
- IV) _____ . 1 Kings 19:10a
- V) _____ . 1 Kings 19:10c
- VI) _____ . 1 Kings 19:10d

For as he thinks in his heart, so is he.

Proverbs 23:7a (NKJV)

Common Mistakes We Make When We're Emotionally & Physically Drained. We:

- I) Focus on Our _____ Rather Than The _____.

Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. 1 Kings 19:4

- II) _____ Ourselves To Others.

A) "Take my life, for I am no better than my ancestors who have already died." 1 Kings 19:4

B) Am I now trying to win the approval of men, or of God? Or am I trying to please men? If I were still trying to please men, I would not be a servant of Christ. Galatians 1:10 (NIV)

III) _____ Ourselves For Things That Aren't Our _____.

Elijah replied, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too." 1 Kings 19:10

IV) Exaggerate the _____.

A) So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them." Elijah was afraid and fled for his life... 1 Kings 19:2-3a

B) ... I am the only one left, and now they are trying to kill me, too." 1 Kings 19:14b

C) Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!" 1 Kings 19:18

To Balance Myself Emotionally, I:

I) _____ My Body.

Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. Then the angel of the LORD came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you." So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. 1 Kings 19:5-8

II) _____ My Frustrations.

There he came to a cave, where he spent the night. But the LORD said to him, "What are you doing here, Elijah?" Elijah replied, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too." 1 Kings 19:9-10

III) _____ On God.

"Go out and stand before me on the mountain," the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper. When Elijah heard it, he wrapped his face in his cloak and went out & stood at the entrance of the cave... 1 Kings 19:11-13a

IV) _____ My Life To God.

Then the LORD told him, "Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. Then anoint Jehu son of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet. 1 Kings 19:15-16