

BIBLE BAPTIST CHURCH OF ERIE

SERMON OUTLINE

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“RUNNING ON EMPTY AND BURNED OUT”

1 Kings 19:1-21 (read vs. 1-9)

Today I want to look at an individual who was maxed-out emotionally. He was running on empty and had no margin left in his life. Many of us too, have had the Elijah syndrome of self-pity and running on empty, emotionally, physically and spiritually.

In our Scripture passage of **1 Kings 19**, we read about a man named Elijah whom James says; “*Elijah was a man just like us.*” (**James 5:17**). Before we look at the events of chapter 19, allow me to introduce Ahab and his wife Jezebel to you in **1 Kings 16:30-33**.

We don't have time this morning to summarize Elijah's life, but suffice it to say that he saw God do one miracle after another. I encourage you to read **1 Kings 17-19** for yourself. Now let's look at **1 Kings 19**. And first we will see:

I. THE REASONS FOR ELIJAH'S DESPAIR

We see at least four sources of despair in Elijah's life that are often found in our lives today:

1. He was **DEPLETED** by Victory (1).

Here's a principle to remember: **The most vulnerable point in our life is right after we've experienced a mighty victory**

2. He was **DISTRESSED** by Fear (2-3a).

Elijah should have laughed because her “gods” had just been exposed as powerless in **chapter 18**. Instead of chuckling, verse 3 tells us that he ran for his life! Fear replaced his faith.

3. He was **DISABLED** by Isolation (3b-4a).

Verse 3 tells us that he left his companion who had always been by his side during the good times. One of the great dangers of depression is its tendency to turn one inward.

4. He was **DEVASTATED** by self-pity (4b).

He let self-pity cultivate a “*victim mentality*” within himself. He had succumbed to the “*poor me*” syndrome.

II. THE REMEDY FOR ELIJAH'S DESPAIR

Burnout is really a reversible ailment. Elijah was given four prescriptions that have great application to our own lives -- if we're willing to take the medicine.

1. The first Remedy was **REST** vs. 5-8a.

God didn't give him a sermon or shower him with shame. Amen!!

2. The second Remedy was to **REDISCOVER** God (vs. 8b-13)

Fear forced Elijah to go through more than he needed to. When we're afraid or discouraged, we tend to wander aimlessly and take much longer to get where God wants us to be.

3. The third Remedy was **REASSIGNMENT** (vs. 14-18)

If you want to increase your emotional energy, then take your eyes off yourself and your problems and develop an “others orientation.”

4. The fourth Remedy is **RELATIONSHIPS** (vs. 19-21)

After prescribing *rest* so that we can *rediscover God*, we then receive a *reassignment* to serve people. The final prescription has to do with relationships.

God then provided him with a genuine friend and companion named Elisha. **Verse 21** describes Elisha as the personal attendant of Elijah. Beloved we need one another as we read in **Heb. 10:25**.

I want to close with two questions. The first one is for those of you who have not yet decided to follow Christ. Your question is found in **1 Kings 18:21**: “How long will you waver between two opinions? If the Lord is God, follow Him; but if Baal is God, follow him.”

The second question is for those of us who are believers and is found in **verse 9 and verse 13 of chapter 19**. God asks Elijah this question twice and He asks it of you today:

“WHAT ARE YOU DOING HERE?”