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Just Like Me: A Lesson on Bounce Backs

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1 Kings 19:1-2 (NIV): Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."

1 Kings 19:3-5 (NIV): Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep. ...

Two Foundational Truths About Discouragement

Truth #1: Discouragement is Universal – We All Experience It

Truth #2: Discouragement is Circumstantial – It Most Likely Has a Cause

Three Causes of Elijah's Discouragement

Cause #1: He Ran Himself into Exhaustion

Cause #2: He Isolated Himself from Others

Cause #3: He Compared Himself to Others

1 Kings 19:4 (NIV): ... "Take my life; I am no better than my ancestors."

Four Types of Action from God's Bounce Back Blueprint

Physical, Emotional, Spiritual, Relational

Action #1: Attend to Your Physical Needs

1 Kings 19:5-6 (NIV): ... All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

1 Kings 19:7-9 (NIV): The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. There he went into a cave and spent the night. ...

Three Important Physical Needs

Need #1: Sleep Fully

Need #2: Eat Wisely

Need #3: Exercise Regularly

Action #2: Express - Don't Bury - Your Emotions

1 Kings 19:9 (NIV): ... And the word of the LORD came to him: "What are you doing here, Elijah?"

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."

Action #3: Get in God's Presence

1 Kings 19:11 (NIV): The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by." ...

1 Kings 19:11-13 (NIV): ... Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, 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. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. ...

Action #4: Invest in Relationship with Others

1 Kings 19: 15-16 (NIV): The LORD said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet."

1 Kings 19:17-18 (NIV): "Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him."

You don't see things as they are, you see things as you are.