

WHEN A SETBACK LEAVES YOU EMOTIONALLY EMPTY

How God Turns Setbacks into Comebacks
Rick Warren

"King Ahab told his wife Jezebel everything Elijah had done and how he put all the prophets of Baal. She sent this message to Elijah: 'May my gods strike me dead if by this time tomorrow I don't do the same thing to you that you did to the prophets.' Elijah was afraid and fled for his life; he took his servant and went to Beersheba in Judah. Leaving the servant there. Elijah walked a whole day into the wilderness. He stopped and sat down in the shade of a tree and wished he would die. 'It's too much, Lord,' he prayed. 'Take away my life; I might as well be dead!' He lay down under the tree and fell asleep' . . . He answered, "Lord God Almighty, I have always served you—you alone. But the people of Israel have broken their covenant with you, torn down your altars, and killed all your prophets. I am the only one left—and they are trying to kill me!" 1 Kings 19:1-5, 10 (GNT)

HOW DO I KNOW WHEN MY EMOTIONAL TANK IS EMPTY?

1. _____ **CREEPS INTO MY LIFE**
"Elijah was afraid."
2. **I FIND MYSELF** _____ **FROM THINGS**
"Elijah fled for his life."
3. **I START BACKING OUT** _____
"Leaving the servant there."
4. **I MAKE** _____
"Walked for a whole day into the wilderness."
5. **I PUSH MYSELF PAST** _____
"He sat down under the tree."
6. **MY WORK** _____
"I have always served."
7. **I COMPLAIN THAT I WANT TO** _____
"It's too much Lord."
8. **I FEEL** _____
"I'm the only one left—and they are trying to kill me too!"
9. **I COMPARE MYSELF TO OTHERS &** _____
"For I am no better than my ancestors!"

10. I THINK _____

"Take away my life; I might as well be dead!"

"Elijah was a person just like us." James 5:17 (ERV)

HOW DOES GOD REFILL MY EMOTIONAL TANK?

1. **GOD MAKES ME** _____
"He makes me to lie down in green pastures, he leads me beside still waters, he restores my soul." Psalm 23:2-3 (NKJV)

"Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched 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 laid 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 Elijah got up and ate and drank, and the food gave him enough strength." 1 Kings 19:5-8 (NLT)
2. **GOD ENCOURAGES ME** _____
"Next, Elijah traveled 40 days to get to Mount Sinai, the mountain of God. There he came to a cave, where he spent the night. But the Lord said to him, 'What are you doing here, Elijah?' Then Elijah said." 1 Kings 19:8-9 (NLT)
3. **GOD TELLS ME** _____
"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 . . . 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 and stood at the entrance of the cave. And a voice said, 'What are you doing here, Elijah?'" 1 Kings 19:11-13 (NLT)

"Just thinking of my troubles and my lonely wandering makes me miserable. That's all I ever think about, and I am depressed. Then I remember something that fills me with hope. The Lord's kindness never fails! If he had not been merciful, we would have been destroyed. The Lord can always be trusted to show mercy each morning. Deep in my heart I say, 'The Lord is all I need; I can depend on him!'" Lamentations 3:19-24 (CEV)

Remember God's SUGAR

S	_____
U	_____
G	_____
A	_____
R	_____

"Go back the way you came . . . to the desert of Damascus. When you get there, anoint Hazael . . . also anoint Jehu . . . and anoint Elisha."

1 Kings 19:15-16 (NIV)