

The Elijah Journal # 5
“MAKING A COMEBACK”
1 Kings 19:1-21

*Remember - James 5:17 says”
 “Elijah was a man just like us”*

So how do we handle the Journal entry of 1 Kings 19:1-21?

*Theme: making a comeback from the downward spiral
 into defeat and despair*

APPLICATION

1. When our life situation seems calculated to drive us to discouragement, despair, and defeat... remember God is not finished with us.
2. Look at the situation through the 5 factors that God used to bring recovery to Elijah
3. We can make a “comeback” and be used again for His glory

FACTORS	DOWNWARD SPIRAL	RECOVERY PLAN
1. The PHYSICAL factor	(18:14, 19:1,3) → exhaustion	(19:5-8) → “angel food”, rest
2. The EMOTIONAL factor	(19:2-4) → situational depression	(19:9) → found by God
3. The SPIRITUAL factor	(19:4b) → pray to die	(19:11-13) → God is not often in the spectacular so listen for the whisper
4. The KNOWLEDGE factor	(19:4b) → distorted information	(19:9 and 13) → What are you doing here?
5. The HIDDEN factor	(19:10) → morbid self-examination	(19:15-18) → God’s provision of support – 2 kings, 1 prophet, 7000 secret saints