

**EMOTIONALLY DEPLETED**  
**A Life Lived On Fire For God - Part 3**  
**February 18, 2024**

**I. THE CONQUEST**

“Then Elijah said to Ahab, ‘Go get something to eat and drink, for I hear a mighty rainstorm coming!’ So Ahab went to eat and drink. But Elijah climbed to the top of Mount Carmel and bowed low to the ground and prayed with his face between his knees. Then he said to his servant, ‘Go and look out toward the sea.’ The servant went and looked, then returned to Elijah and said, ‘I didn’t see anything.’ Seven times Elijah told him to go and look. Finally the seventh time, his servant told him, ‘I saw a little cloud about the size of a man’s hand rising from the sea.’ Then Elijah shouted, ‘Hurry to Ahab and tell him, ‘Climb into your chariot and go back home. If you don’t hurry, the rain will stop you!’ And soon the sky was black with clouds. A heavy wind brought a terrific rainstorm, and Ahab left quickly for Jezreel. Then the Lord gave special strength to Elijah. He tucked his cloak into his belt and ran ahead of Ahab’s chariot all the way to the entrance of Jezreel.”

1 Kings 18:41-46 (NLT)

**II. THE CRASH**

“When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. 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.’”

1 Kings 19:1-3 (NLT)

“Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. 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. ‘Take my life....’ Then he lay down and slept under the broom tree.”

1 Kings 19:3-5 (NLT)

**III. THE CURE**

**A. Physically Recharge**

“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....”

1 Kings 19:5-8 (NLT)

**B. Spiritually Renew**

“‘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 and stood at the entrance of the cave. And a voice said, ‘What are you doing here, Elijah?’ He replied again, ‘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 19:11-14(NLT)

**C. Relationally Connect**

“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... to be king of Israel, and anoint Elisha... to replace you as my prophet.... Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!’”

1 Kings 19:15-16,18 (NLT)