

**Rising Above Discouragement**  
**I Kings 19**

**INTRODUCTION:**

- A. Have you ever been discouraged? Do you recall a time when you felt like giving up?
- B. Discouragement is inevitable. It is not a matter of if, but rather it's a matter of when.
- C. If you are discouraged take comfort in not being alone. Many people in the Bible faced discouragement.
  - 1. Moses – Num. 11:10-15
  - 2. Job – Job 3:11; 6:8-9; 10:1
  - 3. David – Psa. 142
  - 4. Jeremiah – Jer. 20:14-18

**FROM THE MOUNTAINTOP TO THE VALLEY: What Elijah Teaches Us About Discouragement (I Kings 19:1-4)**

- A. Discouragement often comes when things don't turn out as we had hoped (vs. 1-4, 10).
- B. Elijah was probably expecting things to be much different after God's great victory at Mount Carmel.
- C. Sadly, nothing changed. Ahab and Jezebel were not moved to repentance. Elijah felt like a failure.

**RISING ABOVE DISCOURAGEMENT AND DESPAIR (I Kings 19:5-18)**

- A. Remember - the Lord cares for you and is with you (vs. 5-14).
  - 1. God cares for us in our moments of discouragement and despair (Matt. 10:29-31; I Pet. 5:7).
  - 2. "God is near the brokenhearted and saves the crushed in spirit" (Psa. 34:18).
  - 3. "He heals the brokenhearted and binds up their wounds" (Psa. 147:3).
- B. Reflect – God is still in control (vs. 15-17).
  - 1. No matter what man does, nothing can prevent God's plans and purposes (Job 42:2).
  - 2. "Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand" (Prov. 19:21).
  - 3. Our purpose in life is to be about His purposes (2 Tim. 1:8-9; Jn. 4:34, 6:38).
- C. Relate - build meaningful relationships (vs. 16, 18, 21).
  - 1. One of the things the early Christians were sure to continue steadfastly in was fellowship (Acts 2:42).
  - 2. The wise man said, "Two are better than one..." (Eccl. 4:9-12).

**CONCLUSION:**

- A. Elijah teaches us the importance of not losing heart and pressing forward during difficult times.
- B. Friends, that's the kind of attitude that we must all have today.
- C. We must make a conscious decision not to allow discouragement to get in the way and defeat us!