

P.M. OUTLINE
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I'M WEARY

INTRODUCTION: (1 Thess. 5:14) "Now we exhort you, brethren, warn those who are unruly, comfort the fainthearted, uphold the weak, be patient with all."

This lesson is not about "clinical depression;" rather, being down 'n out, sad, cheerless, dreary, low-spirited, distressed, faint hearted and weak.

Some wonderful O.T. characters had their "down" times:

David: (Psalm 31:9-10) "for I am in distress"

(Jeremiah 20:18) "Why did I come forth from the womb to see labor and sorrow?"

(Job 7:3-4) "So I have allotted months of futility, and wearisome nights ... "

Moses: (Numbers 11:14-15) " ... the burden is too great for me ... "

Elijah: (1 Kings 19:4) "It is enough! Now, Lord, take my life"

THE REMEDY FOUND IN ELIJAH'S SITUATION

1. EAT, SLEEP, AND TAKE A HIKE

Elijah's physical condition and situation contributed to his weariness.

(1 Kings 19:5-8) "Arise and eat ... because the journey is too great for you"

2. TALK

God and Elijah have a conversation: (v9-10) "What are you doing here? ... I alone am left, and they seek to take my life."

(Phil. 4:6) Tell God and tell friends.

3. GET A RE-NEWED VIEW OF GOD

You are not alone.

(v18) "Yet I have reserved 7000 in Israel, all whose knees have not bowed to Baal ... "

(Psalm 31:14-16) "But as for me, I trust in You, O Lord; I say, You are my God. My times are in Your hand, deliver me from the hand of my enemies ... "

4. GO DO SOMETHING FOR GOD

(v15) "Go, return on your way to the Wilderness of Damascus ... you shall ... "

(Galatians 6:2, v9-10) Involve yourself in helping others.