



**Doggy Bag:** *Something to Chew On and Ponder Throughout the Week*

1. When have you experienced exhaustion or the crisis of burnout? What was it like? What were your warning lights?
2. When do you take time to stop?
3. How does God speak to you? How do you know it is God who is speaking?
4. What would it mean for you to look at your present life from God's perspective?



What Are You Doing Here?  
1 Kings 19:1 - 15

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- **We sometimes live in such a way that we become vulnerable to \_\_\_\_\_ or the crisis of burnout.**

*Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. <sup>2</sup>So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."*

*<sup>3</sup>Elijah was afraid and ran for his life. (v. 1 – 3a)*

- ✘ **Thankfully, God has created us with warning lights that come on when our emotional and spiritual reserves are dangerously low!**

**Consider these warning lights...**

- ✓ We may have difficulty sleeping or lose interest in food.
- ✓ We may get constant headaches or tummy aches.
- ✓ We experience chronic tiredness that is not helped by sleep or ordinary rest and relaxation.
- ✓ We might show frequent and uncharacteristic forms of behavior like angry outbursts, resentment, or self-pity.

When he came to Beersheba in Judah, he left his servant there, <sup>4</sup> while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." <sup>5</sup> Then he lay down under the bush and fell asleep. (v. 3b – 5)

**ASK: Are any of these lights flashing at the moment for you? This is an opportunity to consider Elijah's experience and what you might learn from him.**

- **Learning to stop can save us from \_\_\_\_\_!**

<sup>7</sup>The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." <sup>8</sup> So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. <sup>9</sup> There he went into a cave and spent the night. (v. 7-9a)

- **Once we learn to stop, we can begin \_\_\_\_\_ to God.**

And the word of the LORD came to him: "What are you doing here, Elijah?" (v. 9b)

<sup>11</sup> The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by."

Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake.

<sup>12</sup> After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. <sup>13</sup> When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

Then a voice said to him, "What are you doing here, Elijah?"

- **When we stop and listen, we can then consider God's \_\_\_\_\_ about our life.**

<sup>14</sup> He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

<sup>15</sup> The LORD said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram."

### THE MAIN POINT:

**There is no better opportunity for us to slow down, to listen, and to consider God's perspective than when we are tired and worn-out.**

### ANSWERING GOD'S QUESTION...

- Tell God about the "drivers" in your life that make it difficult for you to stop and be still.
- As you look at your life through God's eyes, share with God those instances where you have allowed outside pressures and conventional human perspectives to shape your life more than God's perspective. What would it mean for you to change perspective in these areas?
- Read Jesus' invitation in the Gospel of Matthew 11:28 – 30 from The Message and consider the real antidote to your weariness:

<sup>28-30</sup> "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

**Respond from your heart to this invitation and discover the rest God wants to give you as you live your life for him.**