

WHEN LIFE LEAVES YOU EMOTIONALLY

# empty

SUNDAY, NOVEMBER 1<sup>ST</sup>  
SERMON SERIES BY MARK EVANS

## 1 KINGS 19:1-16

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. 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. All at once an angel touched him and said, “Get up and eat.”

1 Kings 19:1-5

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.”

1 Kings 19:10



HERE IS WHAT'S  
COMING UP



GIVE NOW

## How Do I Know When I am Emotionally Empty?

1. \_\_\_\_\_ COMES OUT OF NOWHERE  
“Elijah was afraid...”
2. I WANT TO \_\_\_\_\_  
“Elijah ran for his life...”
3. I START EASING OUT OF \_\_\_\_\_  
“When he came to Beersheba in Judah, he left his servant there,”
4. I MAKE \_\_\_\_\_  
“ he himself went a day’s journey into the desert”
5. I PUSH MYSELF PAST \_\_\_\_\_  
“He came to a broom bush, sat down under it”
6. ALL MY \_\_\_\_\_ HAS ACCOMPLISHED NOTHING  
“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.”
7. I WANT TO \_\_\_\_\_  
“I have had enough, Lord,”
8. I FEEL \_\_\_\_\_ AND \_\_\_\_\_  
“I am the only one left, and now they are trying to kill me too.”
9. I COMPARE MYSELF AND \_\_\_\_\_ ABOUT ME  
“I am no better than my ancestors.”
10. I THINK \_\_\_\_\_ MIGHT BRING RELIEF  
“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.’”

## How does God refill me emotionally?

### 1. GOD MAKES ME \_\_\_\_\_

“He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul!” Psalm 23:2-3

“Then Elijah laid down and slept under the broom tree. But as he was sleeping, an angel touched him and said, ‘Get up and eat!’ He looked around and saw some bread baked on hot stones and a jar of water! So he ate and drank and laid down again, and went back to sleep! Then the angel of the Lord came again and touched him and said, ‘Get up and eat some more, for there is a long journey ahead of you.’ So Elijah got up and ate and drank again, and his strength was revived...”  
1 Kings 19:5-7 (NLT)

### 2. GOD ENCOURAGES ME TO \_\_\_\_\_

“Next, Elijah traveled 40 days to get to Mount Sinai, the mountain of God. There he came to a cave, where he spent the night. But the Lord said to him, ‘What are you doing here, Elijah?’ Then Elijah said...” 1 Kings 19:8-9 (NLT)

### 3. GOD TELLS ME TO \_\_\_\_\_ ON HIM

“The Lord said to Elijah, ‘Go, stand in front of me on the mountain, and I will pass by you.’ Then a very strong wind blew past... But the Lord was not in the wind. After that, there was an earthquake, but the Lord was not in the earthquake. Then there was a wildfire, but the Lord was not in the fire. But then, there was a quiet, gentle sound. When Elijah heard it, he covered his face with his coat and went out and stood at the entrance to the cave. And voice said ‘Elijah! Why are you still here?’”  
1 Kings 19:11-13

“Just thinking of my troubles and my wandering fills me with sadness and bitterness. It’s all I ever think about, and I am depressed. But then I remember something that fills me with hope: The Lord’s steadfast love never ends! His unfailing mercy keeps me from being wiped out. Because of his great faithfulness, each new day he is always kind to me. So deep in my heart I say, ‘I say to myself the Lord is all I need. He is my real hope!’” Lamentations 3:19-24

“Go back the way you came...to the desert of Damascus. When you get there, anoint Hazeal...and Jehu...and Elisha...”  
1 Kings 19:15-16