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**Talk 3**



*Today, I receive all of God's love for me.*





*Today, I open myself to the unbounded, limitless,  
overflowing abundance of God's universe.*



*Today, I open myself to God's blessings,  
healing, and miracles.*





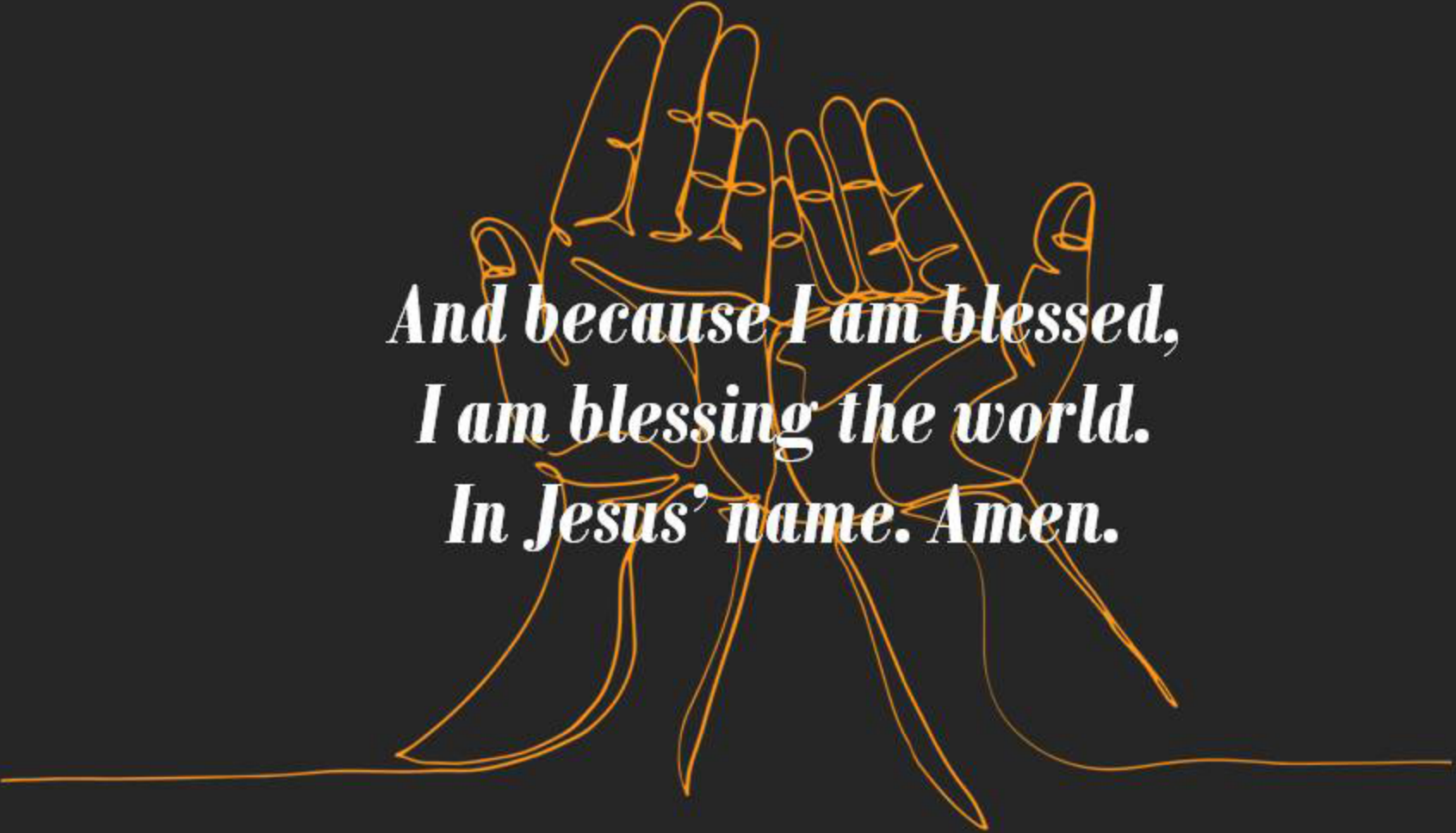
***Today, I open myself to God's Word so that  
I become more like Jesus every day.***



***Today, I proclaim that I am God's beloved.  
I am God's servant.  
I am God's powerful champion.***

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*And because I am blessed,  
I am blessing the world.  
In Jesus' name. Amen.*



**You can burnout  
or  
you can burn up.**





# **1 Kings**

**19:1-11**

**NIV**

*Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword.*

*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.*

*Elijah was afraid and ran for his life.”*

# **1 Kings**

## **19:3-4**

### **NIV**

*When he came to Beersheba in Judah, he left his servant there, 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." Then he lay down under the bush and fell asleep.*



Those who have the greatest calling  
also have the greatest conflicts



**God's grace is greater  
than your grief**



**1 Kings**

**19:4**

**NIV**



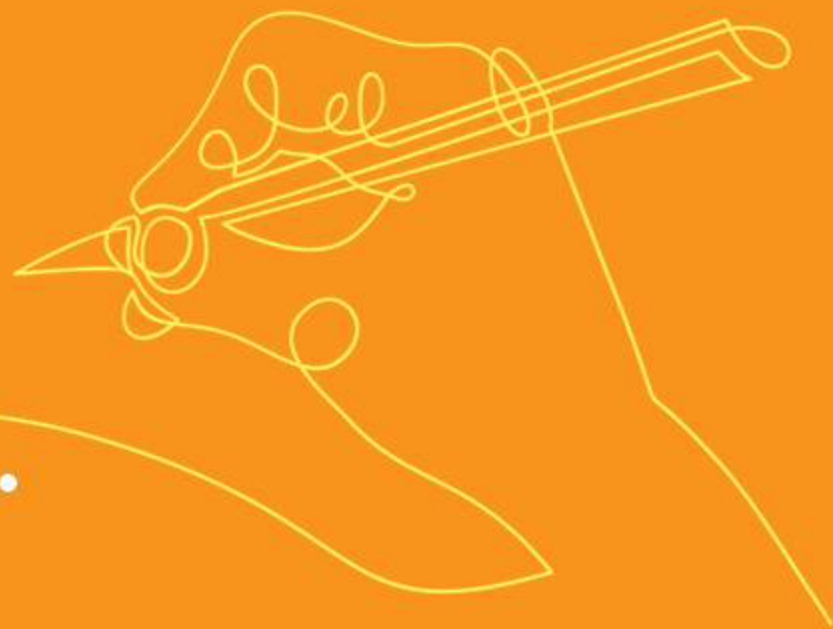
*“Take my life; I am no better than my ancestors.”*



**“Negative self-talk”**



Describe your situation  
not by how the world sees it  
but by how you want to see it.



# **PART 2**



# 4 Prescriptions For Hopelessness



**GOD IS IN YOUR ORDINARY.**



Prescription 1

***Feel Your  
Feelings***





# **1 Kings**

**19:4**

**NIV**



*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.”*

Prescription 2

# ***Feed Your Frame***

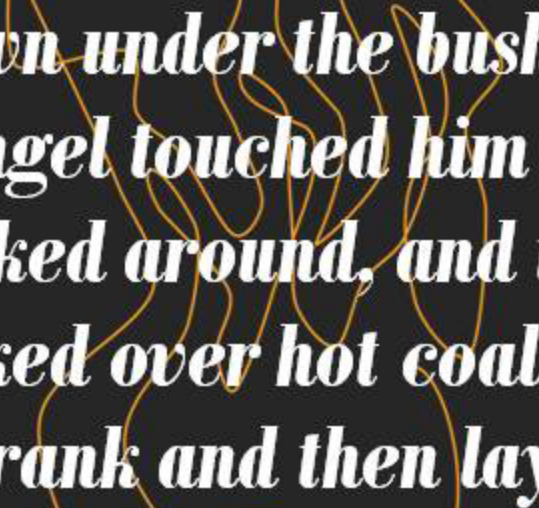


# **1 Kings**

## **19:5-6**

### **NIV**

*Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.*





**Bless your body.**



# **1 Kings**

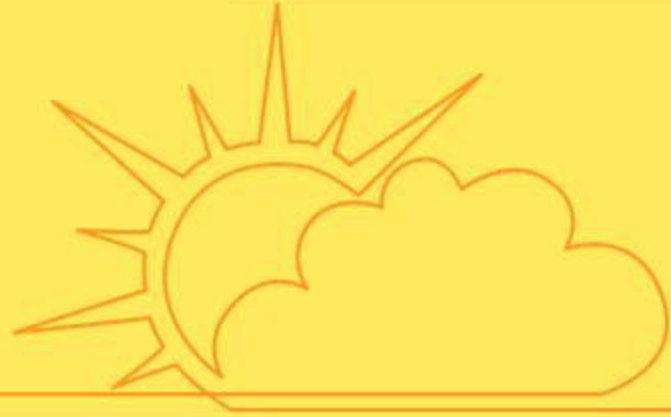
**19:7-9**

**NIV**

*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.” 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.*

Take a walk everyday  
for at least 30 minutes.





***Sunshine***

***Exercise***







***Oxygen***

Prescription 3

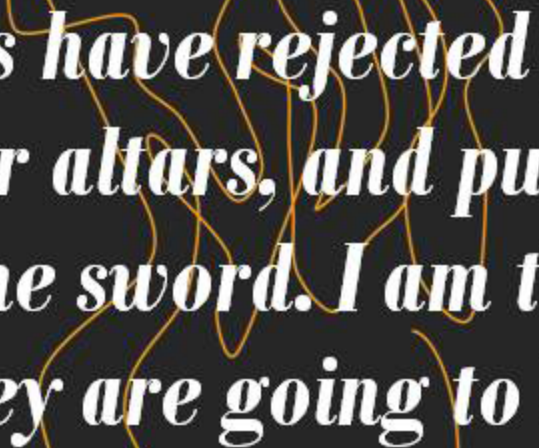
# ***Find Your Friends***



# 1 Kings

19:9b-10

NIV

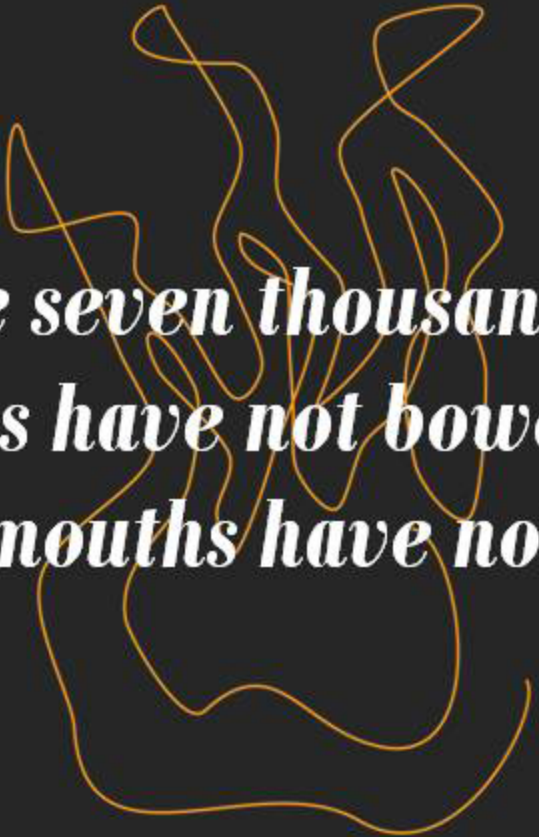


*“The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are going to kill me too.”*

**1 Kings**

**19:18**

**NIV**



*Yet I reserve seven thousand in Israel—  
all whose knees have not bowed down to Baal  
and whose mouths have not kissed him.*



Prescription 4

***Follow Your  
Faith***





**Feel your feelings  
but follow your faith.**

# **1 Kings**

**19:11-13a**

**NIV**

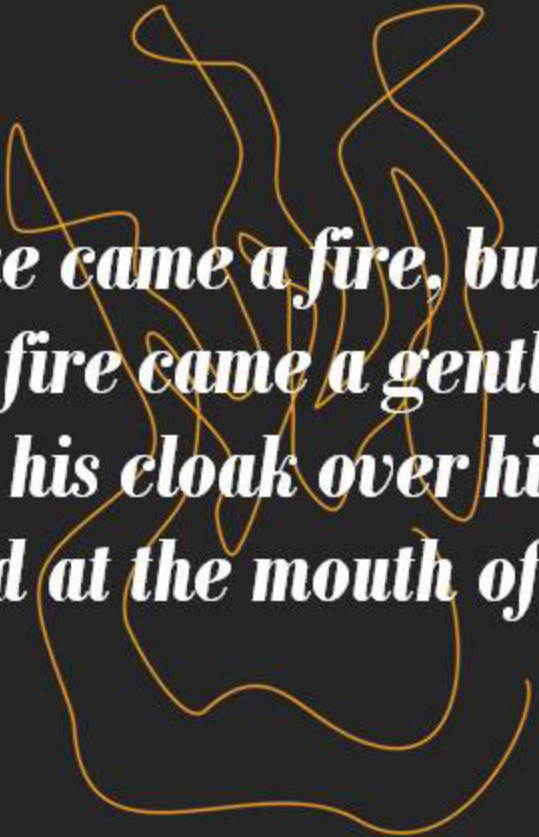
*The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.”*

*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.*

# **1 Kings**

**19:11-13a**

**NIV**



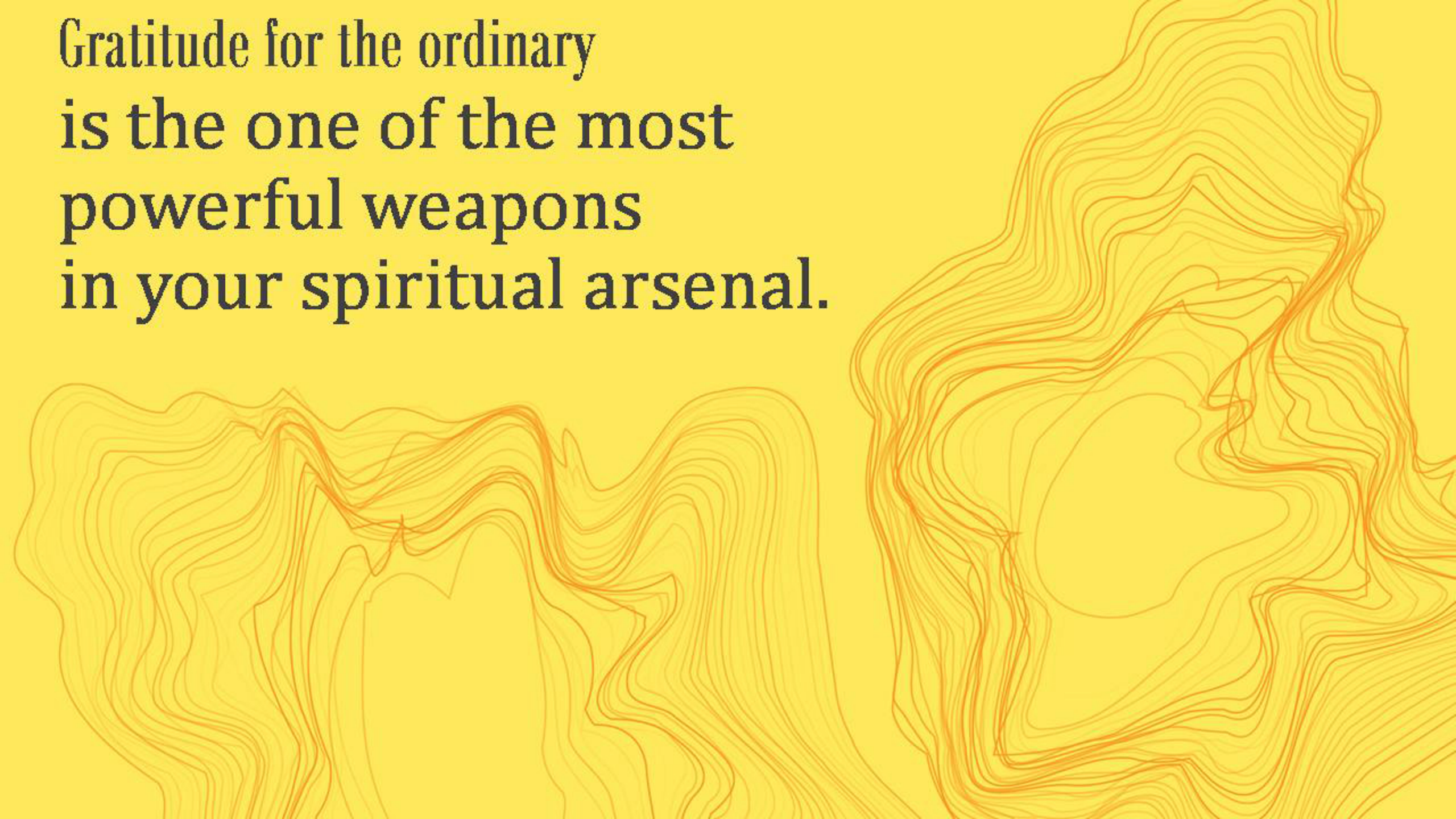
*After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.*





**GOD IS FOUND  
IN YOUR ORDINARY.**

Gratitude for the ordinary  
is the one of the most  
powerful weapons  
in your spiritual arsenal.



**GOD IS IN YOUR ORDINARY.**

