ELIJAH, OVERWHELMED, DEPRESSED, DESPONDENT

Elijah was afraid and ran for his life. 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.

1 Kings 19:3-5

FAILURE,
HOPELESS,
DISAPPOINTED,
UNCERTAIN,
AFRAID.

STARTING WITH THE BASICS

THE ROAD TO RECOVERY MAY BE A LONG JOURNEY

WAITING & LISTENING IS PART OF THE HEALING PROCESS

And the word of the Lord came to him:
hat are you doing here, Elijah?"
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 19:9-10

PERSPECTIVE

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1 Kings 19:9-10

GRACE & HOPE

ISAIAH 40:28

The Lord is the everlasting God,
the Creator of the ends of the earth.
He does not faint or grow weary;
his understanding is unsearchable.
29 He gives power to the faint,
and to him who has no might he increases strength.
30 Even youths shall faint and be weary,
and young men shall fall exhausted;
31 but they who wait for the Lord shall renew their strength;
they shall mount up with wings like eagles;
they shall run and not be weary;
they shall walk and not faint.