

Renewal on the Mountain

◆ **We need Renewal because no matter how well we do, we might still experience disappointment, and failure – 1 Kings 19:1-3**

Elijah is afraid and runs away (1 Kings 19:3-4)

His fear and sense of failure drove him a long way away – v3 “Beersheba”

His disappointment and sense of failure led him away alone – v3 he “left his servant there”

His disappointment led to isolate himself from his friends – v4 “a day’s journey into the wilderness”

Sometimes our pain can be so deep that we want to be alone in our pain, grief and trouble

◆ **We need renewal because no matter how well we do, we might still experience times of personal doubt and even depression – v4**

Elijah came to the point of complete hopelessness – he wanted to die – v4 “he requested for himself that he might die”

His had lost hope in himself – “I am not better than my fathers”

And although it doesn’t explicitly say it, he had lost hope in God

Ecclesiastes 3 tells us that no matter who we are, we will all most likely experience times of crying and mourning

There is an “appointed time” for everything ~~ and this includes “a time to weep... and a time to mourn” – v4

Three Steps to Renewal

1. Rest your Soul

◆ **Rest in the Lord – v4-5**

“he himself went a day’s journey into the wilderness, and same and sat down under a juniper tree... and he lay down and slept” – v4-5

Tell God all about it, but then rest and wait on Him – “It is enough; now, O Lord, take my life for I am not better than my fathers.” – v4

Rest in the LORD and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who carries out wicked schemes. Psalm 37:7

'For six days work may be done, but on the seventh day there is a sabbath of complete rest, holy to the LORD. For in six days the LORD made heaven and earth, but on the seventh day He ceased from labor, and was refreshed.'" Exodus 31:15, 17

◆ **You need rest because You are not super human**

"I am not better than my fathers" – v4

Our strength is limited; we can't carry all of these burdens alone on our hearts – you will come crashing down – "O Lord, take my life" – v4

There will be times that even when we do our best, that it will not seem enough

2. Replenish your Strength

◆ **You need to replenish yourself with God's food**

We need a touch from God – "an angel touching him, and he said to him, 'Arise, eat.'" – v5

Then he laid down again, and again awoke to eat. Then he "went in the strength of that food forty days and forty nights to Horeb, the mountain of God." – v8

"The journey is too great for you" – we must understand that this journey of life is too great for us

We need to replenish our **hearts** – emotionally – on God's Word

We need to replenish our **souls** – spiritually – on God's Word.

When our hearts are replenished and our souls are replenished we will also find our physical strength replenished.

1 How blessed is the man... his delight is in the law of the LORD, And in His law he meditates day and night. 3 He will be like a tree firmly planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers. **Psalms 1:1-3**

◆ **Without God's strength we can't make it – v10**

We lose hope – "I have been very zealous for the Lord" (but Jezebel didn't change)

We lose our vision – "the sons of Israel have forsaken your covenant, torn down your altars, and killed your prophets"

We begin to feel alone and helpless – hopeless – "I alone am left; and they seek my life, to take it away"

3. Refocus your Spirit

◆ **Go to the mountain of God – v8**

So he went in the strength of that food forty days and forty nights to Horeb, the mountain of God

There Elijah waited for the Lord to speak

We must rest, replenish ourselves with God's food, and then make the effort to focus on God and wait for Him to speak to our hearts

- **You need God's help because the evil around you is bigger than you are**

Elijah was trying to solve the problem of ungodliness and wickedness of his nation "alone". He wanted to see his nation turn back to God.

However, he was facing an evil that had been growing for years. Someone in the past had opened up the floodgates of this ungodliness and his name was King Solomon. 1 Kings 11:1-4.

There is a reason for the onslaught of evil in America today. Back in 1960 the Supreme Court opened up the floodgates of wickedness when they removed the Bible and God from the heart of our nation's consciousness.

- **You need God's help because no matter how well you do, not everyone will be impressed**

Elijah had done amazing things! He prayed and it quit raining (1 Kings 17:1)

He prayed and God rained down fire. (1 Kings 18:36-39)

The people fell on their faces and said, "The Lord, He is God; the Lord, He is God."

However, Jezebel did not repent, instead she threatened Elijah's life (1 Kings 19:1-2)

- ◆ **Reflect upon yourself**

- **God wants you to reflect upon our situation – v9**

"What are you doing here, Elijah?"

What do you need? Why did you come here?

What do you want or need from Me?

To refocus on God, you need to think back as to how you came to be where you are.

I alone am left – self-pity (are you really alone? Does it matter? If God be for us, who can be against us?)

They seek my life, to take it away – (are you really hopeless?) when they become bigger than God then I become hopeless

- **God wants you to reflect upon your limitations**

"I've been very zealous" – v10, 14

NO matter how far you might go – I've gone way and beyond expectation – the problem is bigger than you are

- ◆ **God wants you to reflect upon the problem – (it's God's problem!)**

They have forsaken ***Your*** covenant God; and have torn down ***Your*** altars and have killed ***Your*** prophets

◆ **God wants you to reflect upon Who HE is – v11-12**

God does not need powerful acts to **DECLARE** Himself – *wind, earthquake, fire*

God does not need powerful acts to **DEFEND** Himself – *wind, earthquake, fire*

God is GOD – even in His gentleness, God is GOD!

○ **God wants you to BELIEVE in who HE is – RELAX!**

Get back to the work God has for you to do – v15-16

Leave the problems to God – He will judge – v17

Don't allow yourself to feel defeated and alone – You are **not** alone – there are (7000) others – v18

To experience renewal, you must...

1. Rest in God

2. Be Replenished by God

3. Refocus on God

- No matter how well you do, not everyone will be impressed
- No matter how well you do, you may still experience disappointment and failure and even experience times of personal doubt and even depression
- No matter how well you do, it might not be good enough