

Overwhelmed Series

# WHAT TO DO WHEN WE BECOME OVERWHELMED CONCLUSION 1 KINGS 19

Text: Various

Introduction:

We have looked at the prophet Elijah over the last several weeks and how that he had become overwhelmed resulting in him running for his life, asking the Lord to take his life.

All of us are susceptible to becoming overwhelmed.

Just to review briefly remember that the Lord had sent Elijah to announce that there was a drought coming.

The Lord then sent Elijah to the brook and there the Lord took care of him.

The Lord then sent Elijah to the widow house and there the Lord took care of not only Elijah but also the widow and her son.

The Lord then sends Elijah to Mount Carmel for a great show down with the prophets of Baal and the prophets

of the groves, and the Lord sent fire from Heaven and consumed the sacrifice.

Now after all the place the Lord led Elijah he now decides not to be led by the Lord but rather decided for himself where he was going to go.

He is on the run overwhelmed and desirous for the Lord to take his life.

As we conclude this series I want to draw some simple things that we should do when we become overwhelmed.

Note we should:

## **1. LONG FOR HIM (VS. 10, 14)**

### **1 Kings 19:10**

<sup>10</sup> *And he said, I have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away.*

### **1 Kings 19:14**

<sup>14</sup> *And he said, I have been very jealous for the LORD God of hosts: because the children of Israel have forsaken thy covenant, thrown down thine altars, and*

*slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away.*

The word jealous means zealous.

To have zeal means to have an enthusiastic devotion for something.

We want to be successful, well liked and have a name that is familiar to people.

But do we have a zeal for God or the things of God?

Do we put God first in our lives?

Not only must we “Long for Him” but also we should:

## **2. LOOK UNTO HIM**

### ***Hebrews 12:1-2***

*<sup>1</sup> Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, <sup>2</sup> Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.*

We need to:

- Look At Who He Was

He is the "author and finisher of our faith."

He was the originator of the Christian faith.

***Ephesians 1:4***

*<sup>4</sup> According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love:*

He finished the work He was sent here to do

***John 17:4***

*<sup>4</sup> I have glorified thee on the earth: I have finished the work which thou gavest me to do.*

- Look At What He Did

"Who for the joy that was set before him endured the cross."

People will endure a lot of pain and trouble today for various reasons because of the results that is produced from it.

The joy for the Lord was in knowing that beyond the cross many would be saved and given a new birth by trusting Him.

- Look At Where He Is Now

He is "set down at the right hand of the throne of God.

- Look for His Soon Return

### **Acts 1:11**

<sup>11</sup> *Which also said, Ye men of Galilee, why stand ye gazing up into heaven? this same Jesus, which is taken up from you into heaven, shall so come in like manner as ye have seen him go into heaven.*

He is coming back for His church.

He's coming back as the Scriptures state as a thief in the night.

Not only must we "Long for Him" and "Look to Him" but also we should:

## **3. LEAN ON HIM**

### **Proverbs 3:5**

<sup>5</sup> *Trust in the LORD with all thine heart; and lean not unto thine own understanding.*

No doubt it didn't make a lot of sense to go to a brook to survive after announcing that there was going to be a drought.

It probably did make sense to go to a widow when she was preparing her last meal.

It may not have made sense to saturate the sacrifice with water on Mt Carmel. No doubt it was a difficulty to find, and troubling to pour it out on the sacrifice.

We must remember that His ways are not our ways and His thoughts are not are thoughts.

Note in this passage:

- We Have the Promise of Divine Guidance – “He shall direct thy path”
- We See the Price of Divine Guidance – “Trust In the Lord”

Illustration:

A young man who was learning to fly was told by his instructor, you must trust your instruments. Your instincts will fool you. 'You must learn that even though you may feel you are flying south, if your compass says you are flying east, you'd better believe it.

Often when a plane is surrounded by swirling mist and being buffeted by strong winds, you may feel you are in a dive and be tempted to pull back on the controls. But

if your instruments say you are flying level - or even climbing - you'd better believe them. To pull back on the controls might put you into a steep climb, which would cause the plane to stall, drop off in a spin, and leave you out of control.

Just as a pilot must learn to trust his instruments, we must learn to trust God.

- We See the Procedure of Divine Guidance – “In all thy ways acknowledge Him”

He does not lead me year by year,  
Nor even day by day;  
But step by step my path unfolds,  
My Lord directs my way.

Tomorrow's plans I do not know;  
I only know this minute.  
But he will say, "This is the way,  
By faith now walk ye in it."

And I am glad that it is so,  
Today's enough to bear;  
And when tomorrow comes, his grace  
Shall far exceed its care.

What need to worry then, or fret?  
The God who gave his Son

Holds all my moments in his hand  
And gives them one by one.

Not only must we “Long for Him,” “Look to Him” and  
“Lean on Him” but also we should:

## **4. LEARN OF HIM**

### ***Matthew 11:29***

*<sup>29</sup> Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.*

- We Learn From the Scripture
  
- We Learn From Life’s Situations

Close:

When we become overwhelmed, and there will be times that we will get there we should Long For Him, Look To Him, Lean On Him, and Learn of Him.



