

# Discouragement – Getting out of the Cave

1 Pet. 4:1-13, 1 Kings 19

On October 20, 2013, by Philip Pinto @ Village Bible Church

- Don't be surprised! (1 Pet. 4:12-13)
  - "Fiery trials."
    - Insults (v. 4, 14), physical suffering (v. 13), etc.
    - Discouragement?
  - The unexpected nature of Elijah's discouragement (1 Kings 18)
    - Faithfully following the Lord he confronted Ahab (v.1-19)
      - Met with Obadiah, who was faithful to the Lord, in King Ahab's house protecting 100 prophets of God from Ahab.
    - Boldly had showdown with 450 prophets of Baal (v.20-35)
    - Confidently asked God to consume his sacrifice (v.26-37)
      - All Israel along with King Ahab watched as God worked.
      - Audience fell on their faces, acknowledged God (v.39)
    - Courageously killed 450 false prophets of Baal
    - Instructed Ahab, who had been out to kill Elijah, what to do, and Ahab listened (v.41-42a).
    - Prayed to end drought, and rain came (v.42b-45)
    - "The hand of the Lord was on Elijah" (v.46)
- Elijah's surprise discouragement and depression (1 Kings 19)
  - Feelings of failure
    - Nothing to show for it. Ahab had no real change of heart.
    - Elijah was *still* being hunted. Why can't it just be over?
  - Getting passed perceived obstacles the Lord is not in (v.11-12)
- Lessons from Elijah
  - 1) Run to the Lord.
  - 2) Your physical condition *is* a contributing factor. Don't ignore it.
    - a. Exercise & physical activity is valuable in moderation.
    - b. Get rest, but don't stay in bed all the time.
    - c. Good nutrition is important
  - 3) Don't let perceived obstacles keep you from the Lord/ listen for and seek His voice in the midst of distractions and noise
  - 4) Obey the Lord. Take baby steps at least... they lead to bigger steps and victories over your captor.
  - 5) Don't isolate yourself.
    - a. Recognize the need you have for Christian fellowship
    - b. Recognize the need you have Christian friendship