



## “Running on Empty”

1 Kings 19:1-21

### 1. What leads to running on empty?

- \_\_\_\_\_ exhaustion

“In a little while the sky grew black with clouds and wind, and there was a heavy shower. And Ahab rode and went to Jezreel. Then the hand of the LORD was on Elijah, and he girded up his loins and outran Ahab to Jezreel. *1 Kings 18:45–46 (NASB95)*”

- \_\_\_\_\_ overload
- \_\_\_\_\_ self-pity.

### 2. God provides when we are running on empty.

- God grants us the grace of \_\_\_\_\_ and \_\_\_\_\_.

“In vain you rise early and stay up late, toiling for food to eat-- for he grants sleep to those he loves.” *Psalms 127:2 (NIV)*

“Come to Me, all who are weary and heavy-laden, and I will give you rest. “Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS.” *Matthew 11:28-20 NASB*”

- God grants us \_\_\_\_\_ for our troubled hearts.

“And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper.” *1 Kings 19:12 (NLT2)*

“And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.” *Philippians 4:7 (NASB)*

- God gives us renewed \_\_\_\_\_ to serve Him.

“Behold, an hour is coming, and has *already* come, for you to be scattered, each to his own *home*, and to leave Me alone; and yet I am not alone, because the Father is with Me.” *John 16:32 (NASB)*