

STRENGTH SERMONS





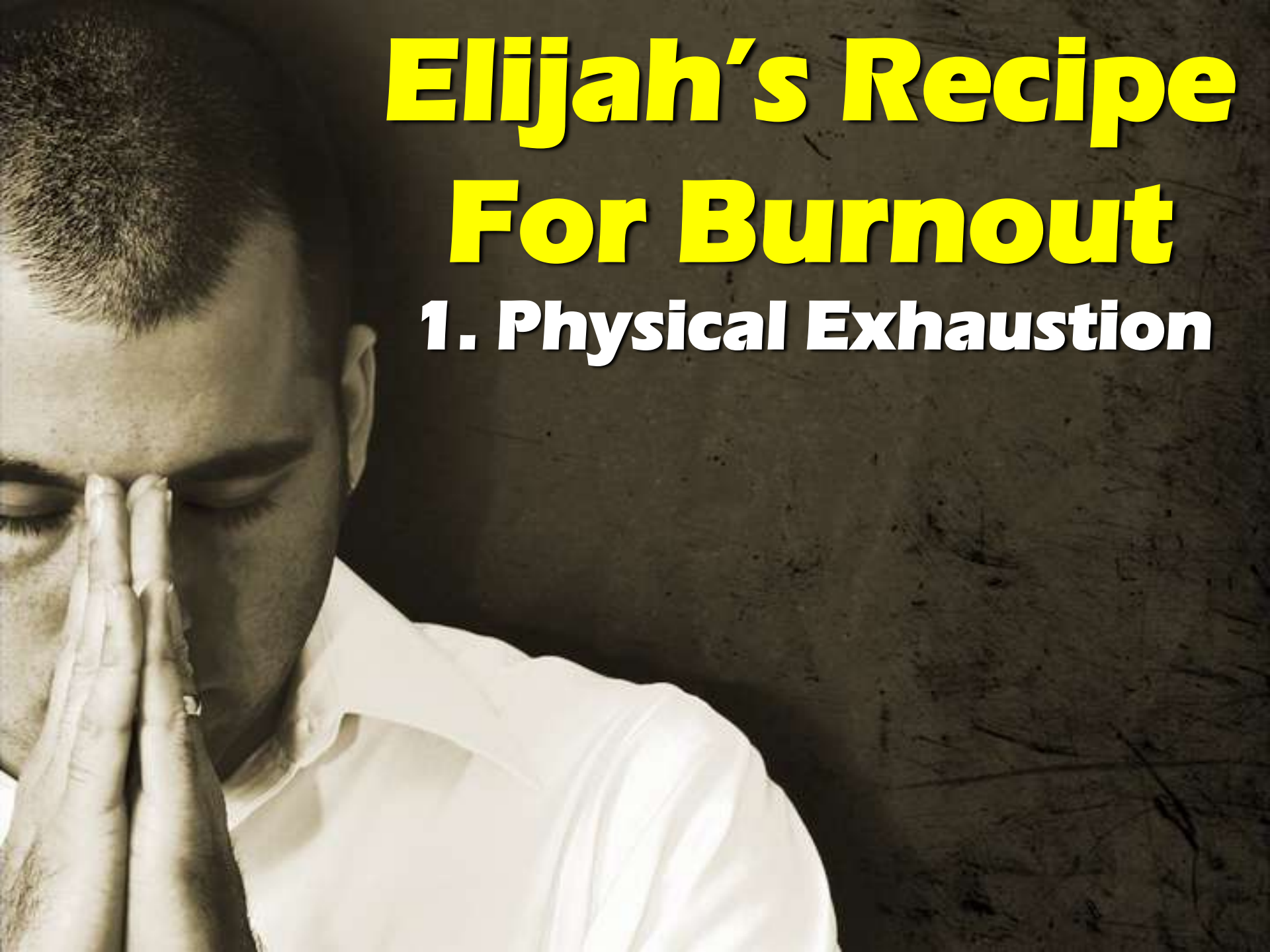
**Staying
on Fire
Without
Burning Out**

**1 Kings
18-19**



**Oliver
Cromwell**

“Mr. Lely, I desire you would use all your skill to paint your picture truly like me, and not flatter me at all; but remark all these roughness, pimples, warts, and everything as you see me; otherwise I will never pay a farthing for it.”

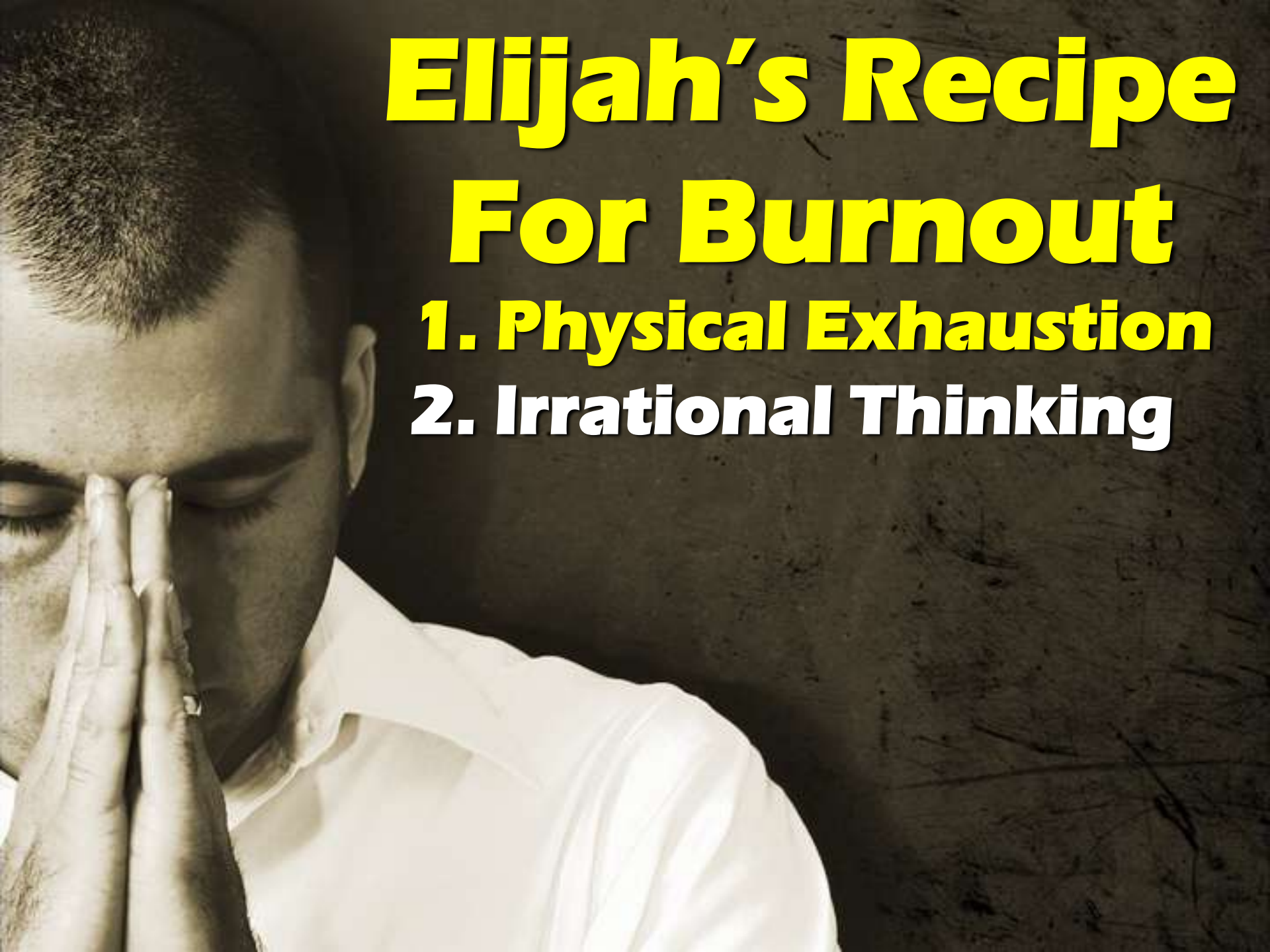


Elijah's Recipe For Burnout

1. Physical Exhaustion

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18:36 *At the time of the offering of the evening sacrifice*, Elijah the prophet came near and said, "O LORD, the God of Abraham, Isaac and Israel, today let it be known that You are God in Israel and that I am Your servant and I have done all these things at Your word. 46 Then the hand of the LORD was on Elijah ... and *he outran Ahab to Jezreel*. 19:3 And *he was afraid and arose and ran for his life* ... 4 But *he himself went a day's journey into the wilderness*, and came and sat down under a juniper tree...



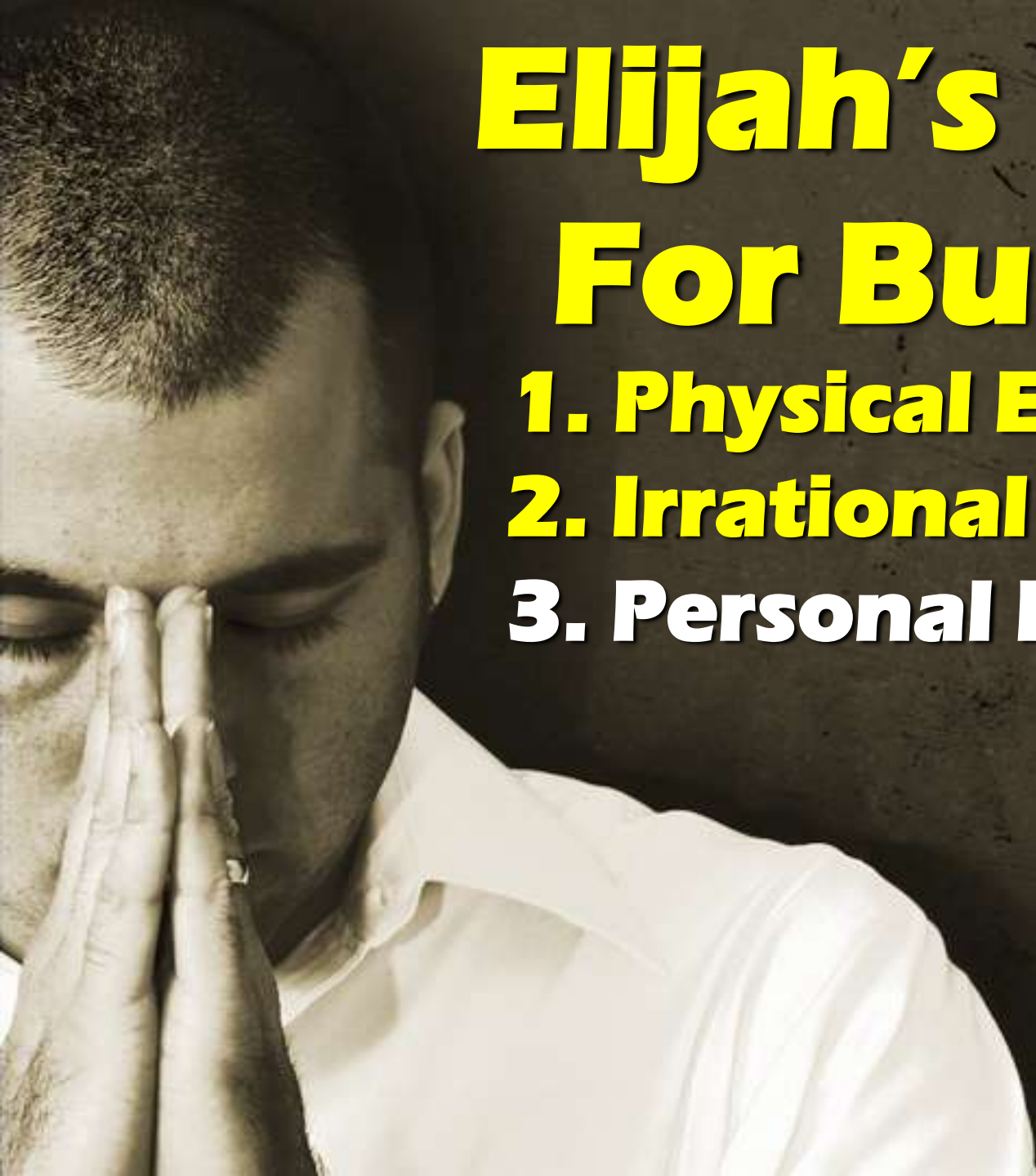
Elijah's Recipe For Burnout

- 1. Physical Exhaustion**
- 2. Irrational Thinking**

2. Irrational Thinking

19:2 Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and even more, if I do not make your life as the life of one of them by tomorrow about this time." 3

And ***he was afraid and arose and ran for his life*** and came to Beersheba, which belongs to Judah, and left his servant there. 4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, "***It is enough; now, O LORD, take my life, for I am not better than my fathers.***"

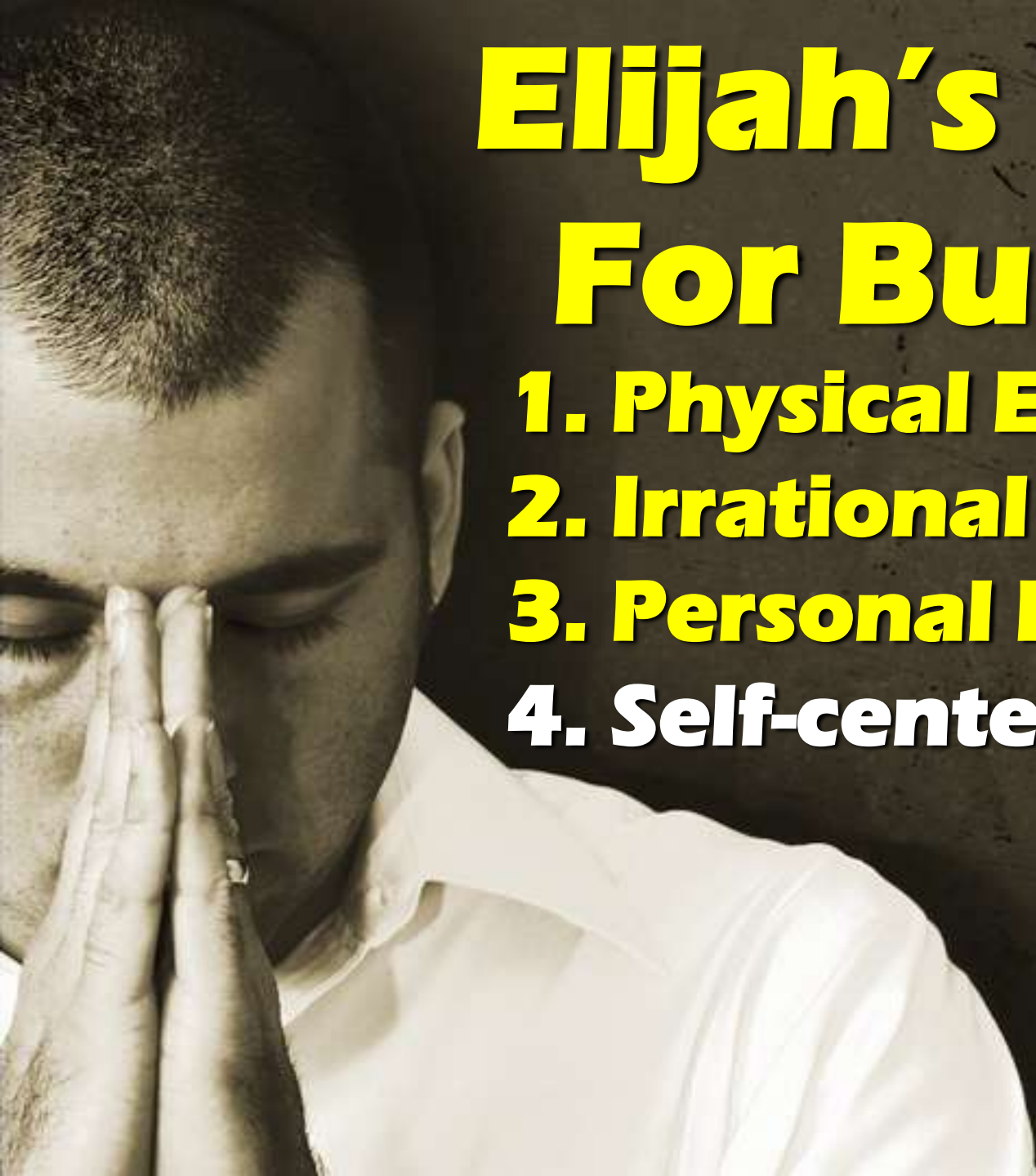


Elijah's Recipe For Burnout

- 1. Physical Exhaustion**
- 2. Irrational Thinking**
- 3. Personal Isolation**

3. Personal Isolation

18:22 Then Elijah said to the people, "***I alone am left a prophet of the LORD, but Baal's prophets are 450 men.***" 19:3 And he was afraid and arose and ran for his life and came to Beersheba, which belongs to Judah, ***and left his servant there.*** 4 But ***he himself*** went a day's journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, "It is enough; now, O LORD, take my life, for I am not better than my fathers."



Elijah's Recipe For Burnout

- 1. Physical Exhaustion**
- 2. Irrational Thinking**
- 3. Personal Isolation**
- 4. Self-centered Focus**

4. Self-Centered Focus

19:9 Then he came there to a cave and lodged there; and behold, the word of the LORD came to him, and He said to him, "What are you doing here, Elijah?" 10 He said, *"I have been very zealous for the LORD, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword and I alone am left; and they seek my life, to take it away."*



God's Recipe For Renewal

1. Physical Rest



God's Recipe For Renewal

1. Physical Rest

2. Thought Realignment



God's Recipe For Renewal

1. Physical Rest

2. Thought Realignment

3. Christian Fellowship




God's Recipe For Renewal

1. Physical Rest

2. Thought Realignment

3. Christian Fellowship

4. God-centered Focus



**It is possible to
stay on
fire without
burning out!**