



Sermon Notes
God's Remedy when
you are Wrung Out!
Pastor Ron Wood
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1 Kings 18-19

God's Remedy when you are Wrung Out!
 Background - 1 Kings 18

Life is full of Loss.
 But, **whenever** discouragement and burnout _____
 us, the path to _____ **always** involves
 a new and deeper understanding of God's _____.

1 Kings 19:1-2
Life is D _____.
 1 Peter 4:12, 18-19

1 Kings 19:3-4
Fear Makes us _____.
 Shame makes us _____.
 Fear makes us _____.

1 Kings 19:5-6
God S _____ **U** _____ **in our Weakness.**
 James 4:6

1 Kings 19:7-8
God _____ **our Weakness.**
 Are you feeling weak right now?
 God is our _____,
 He is _____ even when we don't _____ Him.

1 Kings 19:9-10
Difficulty Can Make Us _____.
 James 1:2-3 & 12

1 Kings 19:11-12
We can Hear God if We _____.

Is your life _____ enough to hear God?
 If it is not, you are too _____.
 You must carve out _____ time to
 pray and read God's word.

1 Kings 19:13-14
Withdrawal is a T _____.

1 Kings 19:15-18
We are not _____.

3 Actions to Take When Life gets Too Hard.

1. R _____ **your B** _____. **Psalm 23:2**
 1 Kings 19:5 "Then he lay down under the bush and fell asleep"

2. R _____ **your F** _____.
 1 Kings 19:10 "I have been very zealous for the Lord God
 Almighty. The Israelites have rejected your covenant, torn down
 your altars, and put your prophets to death with the sword. I am
 the only one left, and now they are trying to kill me too"

3. R _____ **and R** _____ **on God.**
 1 Kings 19:11b-13
 After the wind there was an earthquake, but the LORD was not
 in the earthquake. ¹² After the earthquake came a fire, but the
 LORD was not in the fire. And after the fire came a gentle
 whisper.