

CHOOSING THE *Extraordinary* LIFE

ELIJAH'S 7 SECRETS FOR
SPIRITUAL SIGNIFICANCE

SECRET #6:
LEARN HOW TO HANDLE BAD DAYS
1 KINGS 19:1-4

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Introduction: Bad days...we all have them! While bad days -- or bad seasons of life -- are inevitable, they don't have to paralyze us. People who want to experience successful and significant lives learn how to manage times of disappointment and discouragement, just as Elijah did.

Two Portraits of Elijah

1 Kings 18

**"The hand of the Lord was on Elijah" (18:46).
Elijah was full of faith.
Elijah bravely confronts 850 false prophets.
Elijah prayed for God to glorify Himself.
Elijah became the leader of the people.**

1 Kings 19

**"He was afraid and ran for his life" (19:3).
Elijah was full of fear.
Elijah cowardly flees from one woman.
Elijah prayed for God to take his life.
Elijah abandoned the people.**

I. What Bad Days Look Like

A. Discouragement (1 Kings 19:4)

1 Kings 19:4 "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.'"

B. Restlessness (1 Kings 19:3)

1 Kings 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."

C. **Foolishness** (1 Kings 19:4b)

1 Kings 19:4b "...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.'"

II. **Warning Signs That Bad Days Are Coming**

A. **Being Physically and Emotionally Exhausted** (John 10:10)

John 10:10 "The thief comes only to steal, and kill, and destroy; I [Jesus] came that they might have life, and might have it abundantly."

B. **Focusing on Challenging Circumstances Rather than a Powerful God**
(1 Kings 19:1-2)

1 Kings 19:1 "Now Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword."

1 Kings 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.'"

1 Kings 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."

C. **Holding onto Unrealistic Expectations**

D. **Believing You are Indispensable** (1 Kings 19:9-10, 18; Luke 19:40)

1 Kings 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?’”

1 Kings 19:10 “And he said, ‘I have been very zealous for the LORD, the God of hosts; for the sons of Israel have forsaken Thy covenant, torn down Thine altars and killed Thy prophets with the sword. And I alone am left; and they seek my life, to take it away.’”

1 Kings 19:18 “Yet I will leave 7,000 in Israel, all the knees that have not bowed to Baal and every mouth that has not kissed him.”

Luke 19:40 “And He [Jesus] answered [the Pharisees] and said, ‘I tell you, if these [His disciples] become silent, the stones will cry out!’”

Conclusion