

CHOOSING THE *Extraordinary* LIFE

ELIJAH'S 7 SECRETS FOR
SPIRITUAL SIGNIFICANCE

WHEN BAD DAYS COME

1 KINGS 19:5-21

DR. ROBERT JEFFRESS | December 17, 2017

Introduction: Last time we began looking at Elijah's sixth secret for living a successful and significant life: learning how to handle bad days. "Bad days" -- or bad seasons -- of life are inevitable, but they don't have to be paralyzing. Today we are going to discover, from Elijah's life, four practical ways to manage difficult seasons of life.

I. **Expect Bad Days** (Job 5:7, John 16:33)

Job 5:7 "For man is born for trouble, as sparks fly upward."

John 16:33 "...Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

A. **The Death or Desertion of a Loved One**

B. **A Devastating Loss**

C. **An Exhilarating Success**

II. **Refresh Yourself Physically** (1 Kings 19:5-8)

1 Kings 19:5a “And he lay down and slept under a juniper tree;”

1 Kings 19:5b-7 ⁵ “and behold there was an angel touching him, and he said to him, ‘Arise, eat.’ ⁶ Then he looked and behold, there was at his head a bread cake baked on hot stones, and a jar of water. So he ate and drank and lay down again. ⁷ And the angel of the LORD came again a second time and touched him and said, ‘Arise, eat, because the journey is too great for you.’”

Acts 27:35-36 ³⁵ “...he [Paul] took bread and gave thanks to God in the presence of all and he broke it and began to eat. ³⁶ And all of them were encouraged, and they themselves also took food.”

III. Strengthen Yourself Spiritually (1 Kings 19:8-12; 1 Samuel 30:6)

1 Kings 19:8 “So he arose and ate and drank, and went in the strength of that food forty days and nights to Horeb, the mountain of God.”

1 Kings 19:11-12 ¹¹ “So He said, ‘Go forth, and stand on the mountain before the LORD.’ And behold, the LORD was passing by! And a great and strong wind was rending the mountains and breaking in pieces the rocks before the LORD; but the LORD was not in the wind. And after the wind an earthquake, but the LORD was not in the earthquake. ¹² And after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of a gentle blowing.”

1 Samuel 30:6 “David was greatly distressed because the people spoke of stoning him, for all the people were embittered, each one because of his sons and his daughters. But David strengthened himself in the LORD his God.”

A. Dedicate a Time and Place Where You Get Alone with God.

B. Select a Portion of the Bible to Read and Meditate On.

- C. Choose One or Two Verses to Memorize.

- D. Read a Few Pages in a Good Christian Book that is Centered on the Attributes of God.

IV. Encourage Yourself Emotionally (Hebrews 10:24-25)

Hebrews 10:24-25 ²⁴ “Let us consider how to stimulate one another to love and good deeds, ²⁵ not forsaking our own assembling together... but encouraging one another...”

Conclusion