HALT! Too Hungry, Angry, Lonely, Tired

Derek Chambers · 1 Kings 19:1–8

INTRODUCTION

- There's an acronym … it's been used to apply to people in stressful situations to teach them to cope and to deal with it.
- When any of these things is so, the journey can become too great for us.
- We need to address these things, otherwise we will halt, and we will not complete our journey.

1 Too Hungry

1 Thessalonians 2:13; 1 Thessalonians 5:11; John 6

- When Elijah was too hungry to go on, he needed nourishment.
- Ultimately, what we're in need of is the word of God.
- The problem is not a lack of Bibles. The problem is a lack of appreciation of the Word of God.
- You accepted it, not as the word of men, but as what it really is, the word of God, which is at work in you believers.
- Sometimes what Christians hunger for is genuine, meaningful fellowship.
- I'm talking about deep reflection and meditation in God's word, in prayer, in song.

2 Anger Will Halt Your Journey

1 Kings 19:9–10; James 1:19–20

- Too much anger will also halt your journey.
- There's a place for anger. But when it lingers, when it dominates, when it festers, it can halt your journey and do very bad things and leave you far from God.
- Let everyone be quick to hear, slow to speak, slow to anger. For the anger of man does not produce the righteousness of God.
- Out of anger, I've seen Christians leave the Lord's body.
- And Moses' anger, when he struck the rock, kept him from the promised land.

3 Loneliness Can Halt Your Journey

Romans 12:15; 2 Timothy 4:16; Matthew 26:38

- Loneliness that persists can be deadly.
- Rejoice with those who rejoice, weep with those who weep.
- Paul needed people. He didn't want to be alone.
- My soul is very sorrowful, even to death. Remain here and watch with me. Jesus wanted people with him.
- Sometimes the bigger problem is we don't reach out enough to ask for help.

4 Tiredness Can Cause Us to Give Up

Galatians 6:9–10

- Tiredness can halt our journey. … tiredness can cause us to give up.
- Let us not grow weary of doing good, … for in due season we will reap if we do not give up.
- The tiredness we have as Christians is not so much about needing rest, it's about needing encouragement.
- We need to refresh one another by doing good for each other.
- There are tired faces around you that need to be refreshed by what you can do for them.

> THE CHALLENGE
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> **We are all on a journey. Don't starve yourself. Don't get so tired that you stop. Address it. Watch out for that anger.**

MY NOTES