Rising Above Discouragement

Ken Chapman · 1 Kings 19

INTRODUCTION

- Quitting on the Lord can happen two different ways. Number one, you can do what I did, and that is just slip out through the back door and not come back.
- Mentally, emotionally, and spiritually, we've shut down. We're still here, but we're really not here in the sense of spirit and truth worshiping the Lord.
- Every one of your Bible heroes experience discouragement. They all faced the time when they were tempted to give up.

1 Discouragement Can Happen Fast or Slowly

1 Kings 18:37; 1 Kings 19:10

- It can happen fast or it can happen slow.
- Not only can discouragement happen seemingly suddenly or quickly in our spiritual lives, but it can follow a spiritual high.
- Hear me, O Lord, hear me, that this people may know that you are the Lord God, and that you have turned their hearts back to you again.
- I've been very zealous for the Lord God of hosts, for the children of Israel have forsaken your covenant, torn down your altars, killed your prophets with the sword, I alone am left.
- We can feel weak and discouraged even when we're surrounded by 7,000.
- Be looking for those warning signs. Be ready and alert for that, lest they cause you to drift.

2 Be a Balcony Person

2 Corinthians 12:11

- You will experience two types of people in your life balcony people or basement people.
- He describes basement people as those people who are always trying to drag you down.
- Balcony people. Those are the people who are trying to pull you up, who are trying to encourage you.
- Be one of the reasons that somebody doesn't give up.
- Your spiritual leaders need balcony people.
- I've become a fool in boasting, but you have compelled me. For I ought to have been commended by you.

3 We Can Go From Darkness to Light

1 Kings 19:9

- Discouragement doesn't have to be the end of the story. It wasn't the end of Elijah's story.
- And behold, the word of the Lord came to him, and he said to him, What are you doing here, Elijah?
- Spiritual discouragement can take us places that we don't need to be.

- We need to be careful about discouragement and try to battle through it and to grow from it so that it doesn't take us places that will harm us.

4 See God, See the Good, Rest, and Work

1 Corinthians 10:13

- First of all, see God. He's not in the great wind, he's not in the earthquake, he's not in the fire. He was in that small whisper.
- Can you be the small whisper of God in somebody's life? A word of encouragement.
- The next thing is to see the good around you.
- Take time to rest and renew. Elijah needed a nap.
- Even when you're surrounded by thousands, you can feel alone, but connect with people and allow those balcony people, they're there.
- Immerse yourself in the work. The greatest place of discouragement is on the periphery of God's people. Get involved. Get in the middle.

> THE CHALLENGE
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> **Come back. God is there speaking in that small whisper, encouraging you not to feel alone and not to give up.**

MY NOTES