**Message Notes Pastor Dave Gudgel**

**Date:** July 3, 2016 **Bible Focus:** 1 Kings 19:1-8a

Current Series: Replenished

Message Title: …When You’re Exhausted

**1 Kings 19:1-8 -** Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 2 So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." 3 Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." 5 Then he lay down under the tree and fell asleep. All at once an angel touched him and said, "Get up and eat." 6 He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. 7 The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." 8 So he got up and ate and drank.

1. **Elijah Needed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **Elijah Needed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
3. **Elijah Needed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Questions for Reflection and Discussion**

I Kings 19:1-8a

1. What was your past year like? Did it wear you out? Are you in need of replenishment?
2. In what ways do you identify with Elijah’s condition? Are you physically exhausted? Why or why not?
3. In light of our focus today, finish the following three sentences…

*When it comes to sleep, I…*

*When it comes to food, I…*

*When it comes to drinking water, I…*

1. What do your answers tell you about your current well-being? Are changes needed? If so, where? If changes are not needed, what do you need to keep on doing that you are already doing?
2. What would God have you do, or not do, that would result in your physical replenishment? How in the past have similar actions filled up your physical tank?
3. Before you step away from today’s very practical study, finish this sentence: *Knowing my body is the temple of God makes me…*