

Series: I Am Not Alright

Title: Recovering from the Stressful Seasons of Life

Text: 1 Kings 19:1-18

Date: December 5, 2021, AM

Three commitments...

1. Have realistic expectations of yourself (v. 10).

Exodus 34:6-17

2 Peter 3:9

Isaiah 55:8

2. Enjoy the Lord's presence (vs. 11-13).

Exodus 33:18-22

Joshua 1:9

Matthew 28:18-20

Hebrews 13:5-6

“The best of all is, God is with us!” **John Wesley**

There are two places Christ dwells – in heaven and in the hearts of His children!

3. Anticipate future usefulness for the Lord (vs. 14-18).

1 Kings 19:19-21

Luke 9:62

Mark 1:16-20; 2:13-14; 3:13-19; 6:7-13

Matthew 28:19-20

2 Timothy 2:2

Titus 2:1-8