

**“When A Setback  
Drains You Emotionally”**  
Turning Setback into Comebacks - Part 3  
January 26, 2020

“Elijah was as human as we are.” - James 5:17

The Story of Elijah and the Prophets of Baal - I Kings 18 & 19

**Signs of Being Emotionally Drained:**

1. We \_\_\_\_\_ from our circumstances.

“Elijah was afraid and ran for his life.” - I Kings 19:3a

2. We \_\_\_\_\_ of our relationships.

“When he came to Beersheba in Judah, he left his servant there...”  
- I Kings 19:3b

3. We desire to \_\_\_\_\_.

“I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors.”<sup>5</sup> Then he lay down under the bush and fell asleep.”  
- I Kings 19:4-5

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## How God Restores our Emotional Tank:

### 1. God encourages us to \_\_\_\_\_ our pace.

"He makes me lie down in green pastures, he leads me beside still waters, he restores my soul!" - Psalm 23:2-3

I Kings 19:5-8

"In vain you rise early and stay up late, toiling for food to eat - for He grants sleep to those he loves." - Psalm 127:2

### 2. God urges us to \_\_\_\_\_ the workload.

I Kings 19:15-16

### 3. God advises us to \_\_\_\_\_ on Him.

I Kings 19:11-13

"The thought of my suffering and homelessness is bitter beyond words. <sup>20</sup>I will never forget this awful time, as I grieve over my loss. <sup>21</sup>Yet I still dare to hope when I remember this: <sup>22</sup>The faithful love of the Lord never ends! His mercies never cease. <sup>23</sup>Great is his faithfulness; his mercies begin afresh each morning. <sup>24</sup>I say to myself, "The Lord is my inheritance; therefore, I will hope in him!" - Lamentations 3:19-24 (NLT)

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