

KEEPING STRESS FROM BECOMING DISTRESS

1 Kings 19:1-18

Myth #1 - Stress related symptoms are all in my head and therefore can't really hurt me.

Myth #2 - Only weak people suffer from stress.

Myth #3 - I am not responsible for the stress in my life.

Myth #4 - I always know when I begin to suffer from excessive stress.

Myth #5 - It is easy to identify the causes of excessive stress.

Myth #6 - All people respond to stress the same way.

Myth #7 - When I begin to suffer from excessive stress, all I have to do is to sit down and relax.

Symptoms of Distress

_____ Fear

1 When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal.

2 So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them."

3 Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there.

_____ Worth

4 ..."I have had enough, Lord," he said. "Take my life,..."

_____ Dreams

4 ..."Take my life, for I am no better than my ancestors who have already died."

_____ Work

10 ... "I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars,..."

_____ Problems

10 ...and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."

Success over Distress

Your Body

5 Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!"

6 He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

7 Then the angel of the Lord came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you."

8 So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God.

Your Frustrations

9 There he came to a cave, where he spent the night. But the Lord said to him, "What are you doing here, Elijah?"

10 Elijah replied, "I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."

On God

11 "Go out and stand before me on the mountain," the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake.

12 And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper.

Serving Others With Others

13 When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And a voice said, "What are you doing here, Elijah?"

14 He replied again, "I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."

15 Then the Lord told him, "Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram.

16 Then anoint Jehu grandson of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet.

17 Anyone who escapes from Hazael will be killed by Jehu, and those who escape Jehu will be killed by Elisha!

That You Do Not See The Whole Picture

18 Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!"

The Distance Between The Truth I Know And The Truth I Live Equals The Stress I Experience