



"Emotional Transformation"

- "Feelings are real, but they have no intellect" - Inspired by CSB

1Kings 19:1-5 NLT

[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. [4] Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died." [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!"

Introduction

Even the strongest saints have weaknesses. Spiritual depression or spiritual emotion happens when we least expect it.

The irony of this story is that Elijah's fear of a godless queen could not be greater, especially coming from his greatest victory, and here was Elijah emotional, exhausted, and discouraged, praying to die.

Take Away:

God's power had not diminished. Here are what happens when we become frustrated and emotional:

1. Fear creeps into your life
2. You find yourself running away
3. You start backing our relationships
4. You make impulsive decisions
5. You push yourself over your physical limit
6. You see yourself as pointless
7. You start complaining, willing to quit, or giving up
8. You feel isolated from others, under attack
9. You compare yourself to others -
10. You think death is the only option

Job 13:1-5 NLT

[1] "Look, I have seen all this with my own eyes and heard it with my own ears, and now I understand. [2] I know as much as you do. You are no better than I am. [3] As for me, I would speak directly to the Almighty. I want to argue my case with God himself. [4] As for you, you smear me with lies. As physicians, you are worthless quacks. [5] If only you could be silent! That's the wisest thing you could do.

Job 42:5 NLT

[5] I had only heard about you before, but now I have seen you with my own eyes.

Job 13:13 NLT

[13] "Be silent now and leave me alone. Let me speak, and I will face the consequences.