**The Message**

***Stepping Out***

**Pastor Chris Hall—November 14, 2021  
Sunday Morning 9:00/11:00**

**1 Kings 19:1-4 (NIV)** Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 2So 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.” 3Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4while he himself went a day’s journey into the wilderness. He came to a broom bush, 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.”

**HOW DID I GET HERE?**

**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Imbalances.**

*“We were never designed for the sedentary, indoor, socially isolated, fast-food laden, sleep deprived, frenzied pace of modern life.”* ***— Stephen Ilardi***

**Ecclesiastes 4:6 (NIV)** Better one handful with tranquility than two handfuls with toil and chasing after the wind.

**2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ourselves with Others.**

*“Comparison is the thief of joy.”* ***— Theodore Roosevelt***

**Galatians 6:4-5 (NIV)** 4Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, 5for each one should carry their own load.

**3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and Self-talk.**

**Philippians 4:8-9 (NIV)** 8Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

**4. Inability to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ in a Healthy Way.**

**2 Corinthian 1:4-6 (NIV)** 4who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. 5For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. 6If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer.

**There is purpose in your pain, and your pain doesn’t disqualify you.**

**5. Isolation and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**HOW DO I GET OUT?**

**1 Kings 19:5-8 (NIV)**

1. **Stepping into a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Psalm 90:12 (TLB)** Teach us to number our days and recognize how few they are; help us to spend them as we should.

**1 Kings 19:9-12 (NIV)**

2. **Stepping into a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Psalm 46:10 (NIV)** He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

**Psalm 73:16-17 (NIV)**16When I tried to understand all this, it troubled me deeply 17till I entered the sanctuary of God; then I understood their final destiny.

**1 Kings 19:13-14 (NIV)**

3. **Stepping into \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

*“No one can make you feel inferior without your consent.”* ***— Eleanor Roosevelt***

**1 Kings 19:15-18 (NIV)**

4. **Stepping into a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Proverbs 29:18 (KJV)** Where there is no vision, the people perish: but he that keepeth the law, happy is he.

**1 Kings 19:19 (NIV)** So Elijah went from there and found Elisha son of Shaphat. He was plowing with twelve yoke of oxen, and he himself was driving the twelfth pair. Elijah went up to him and threw his cloak around him.

**Additional Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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