

YOUR JOURNEY

1 Kings 19:1-8 KJV

[1] And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword. [2] Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time. [3] And when he saw that, he arose, and went for his life, and came to Beersheba, which belongeth to Judah, and left his servant there. [4] But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O Lord, take away my life; for I am not better than my fathers. [5] And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat. [6] And he looked, and, behold, there was a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again. [7] And the angel of the Lord came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee. [8] And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.

- I. THE Prophet Elijah had just defeated the false prophets of Baal and now Jezebel vowed to kill Elijah
 - A. The enemy of our soul always attacks after we have experienced a great victory
 1. Attempting to get us to fall into fear instead of remaining in faith
 - B. It is amazing to see that right after this great victory Elijah
 1. fell into fear and ran for his life
 - a. Elijah fled to Beersheba and "**left his servant there**"
 - (1) when we allow fear to rule our thoughts and emotions:
 - (a) we leave people behind who God has brought into our life
 - (1) in regards to relationships

(2) as well as in ministry, leaving behind whom we are to pour Our life into in developing them for their destiny ... As Elijah did

a. vs 4 shows that he became **discouraged & possibly depressed**

VS 4 he prayed that he might die and said, **it is enough! Now Lord, take my life...**

(1) Elijah wanted to give up on life & ministry

(2) Elijah wanted to quit on life

(3) Elijah wanted to abandon his ministry

(4) Elijah wanted abandon relationships

(5) Elijah wanted abandon those he was called to mentor

b. vs 5 **Then he lay and slept**

(1) lost his energy, enthusiasm and zeal for life & ministry

(2) just laying around sleeping another sign of depression

B. If we would be honest with each other, there are times in life's journey that we experience the same emotions and weariness

1. and we do not have to fake it with each other or with God

a. and pretend that we are super spiritual and never encounter these type of things along life's journey

2. **Jesus can relate** to what we go through in life's journey:

a. Hebrews 4:15 For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.

1. **Def Infirmities** physical and mental weakness

3. Jesus not only relates to the temptations that come our way, He understands what it means to get **weary** walking thru life journey

a. John 4:6 Now Jacob's well was there. Jesus therefore, being **wearied with his journey**, sat thus on the well: and it was about the sixth hour.

7 There cometh a woman of Samaria to draw water: Jesus saith unto her, **Give me to drink.**

- (1) Jesus was tired and thirsty because of His journey
- (2) the same happens to you and I as a result of our Journey
 - (a) we also get tired & thirsty
- 4. There will be times in our life journey as we pursue the will of God That we will experience what **Joshua** spoke to Israel:
 - a. Joshua 3:4 "**for ye have not passed this way heretofore.**"
 - (1) as we walk thru various phases of life's journey & especially when we walk thru new seasons we have not encountered before:
 - (a) we will be confronted with doubts and the fear of the unknown
- 5. There are seasons in life when we are confronted with great pressures & fears that we must overcome, as seen with the great Apostle of faith ... **Paul**
 - (a) 2 Corinthians 1:8-10
 - [8] For we would not, brethren, have you ignorant of our trouble which came to us in Asia, that we were pressed out of measure, above strength, insomuch that we despaired even of life:
 - [9] But we had the sentence of death in ourselves, that we should not trust in ourselves, but in God which raiseth the dead:
 - [10] Who delivered us from so great a death, and doth deliver: in whom we trust that he will yet deliver us ;
 - (1) Paul said he despaired for his life
 - (2) no matter what you may be facing today
 - (a) vs 10 Paul said: "**in whom we trust that He**" / **God**
 - (1) "Who delivered us" / **past tense**
 - (2) "doth deliver" / **present tense**
 - (3) "will yet deliver us" / **future tense**

II. Look at Elijah and **discover some keys for overcoming weariness** and fears that confront us as we walk thru life journey

A. be it the **journey** of:

1. your walk with God
2. the journey of marriage or singleness
3. the journey of ministry or your career

B. **God will send you a messenger** in the midst of your journey

1 Kings 19:5 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat.

1. In Elijah case God sent him an angel
2. The word **angel means: messenger**
 - a. The Lord may or may not send you a literal angel
 - b. But one way or another God will send you a messenger to speak a word to you,,,,, A **Rhema Word** that will give you strength
3. That word from God may come thru your pastor or spouse, or another christian
4. That word may come in the form of
 - a. hearing a message preached in church or listening to a cd
 - b. reading your bible or reading a Christian book
 - c. that Rhema word may come thru counsel or prophesy
 - d. or the Lord might bring that word thru vision or a dream
 - e. God will send you a messenger and it is vital that you receive and obey the instructions spoken to you

B. The Angel told Elijah vs 5 **ARISE AND EAT**

and vs 7 **ARISE AND EAT**

1. vs 6 Then he looked and there by his head was a cake baked on coals and a jar of water
 - a. **cake bake on coals**
 - (1) **cake** ... type of the Word of God, the Bread of Life
 - (a) Luke 4:4 And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God.
2. **coals** type of the fire of God
 - a. speaking of a word tried by fire ... a proven word ... specifically

- for that season and moment of your life journey
- b. a word that will strengthen you for life's journey
- 3. note where this cake was placed ...vs 6 **by his head**
 - a. it is vital that we **Renew our mind** with the word of God as we walk thru these type of seasons in life journey
 - (1) Romans 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.
- 4. **jar of water**
 - a. **water** type of the living waters of the Holy Spirit that will refresh our spirit and our mind
 - (1)Ephesians 4:23 And be renewed in the spirit of your mind;
 - (a) Amp Trans ... **having a fresh mental and spiritual attitude**
 - (2) we must arise and eat the cake the word of God and drink of the living waters of the Holy Spirit
 - (3) or bad, negative, depressed attitude will keep us depressed and defeated

II. We need supernatural strength to walk thru life journey victoriously
 A. vs 8 So he arose and **ate and drank** and he went on the strength of that food forty days and forty nights

- 1. The angel told Elijah to Arise and eat because the journey is to great for thee
 - a. or in other words.... your own strength is not enough to carry us thru life's journey

B. **The Cake** ... bread of the Word of God, prophetic word, the biblical counsel, the vision, dream from God
the water ... Living Waters of the Holy Spirit

- 1. will give us supernatural strength to walk thru life's journey
 - a. As well as bringing us the faith we need for overcoming our fears

C. Elijah went forty days and nights on the strength of that cake and water

1. we can say he went forty days and night on the strength of that word from God and living waters that he ate and drank of
 - a. he did not get more cake and another drink every day
 - b. that supernatural food brought him supernatural strength that Sustained him for forty days and nights
2. and if we will arise and eat and drink the word of God and living waters of the Holy Spirit
 - a. that supernatural food will do the same for you and I

3. Isaiah 40:29-31

[29] He giveth power to the faint; and to them that have no might he increaseth strength.

[30] Even the youths shall faint and be weary, and the young men shall utterly fall:

[31] But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

(a) vs 29 "**He /God ... Gives power to the faint**

(b) vs 31 reveals how this power comes and refreshes and restores our soul:

(1) " they that **wait upon The Lord**"

(a) **Def wait**: to expect, to wait for a reply

(1) Habakkuk 2:1 "I will stand upon my watch, and set me upon the tower, and will watch to see what he will say unto me, and what I shall answer when I am reprov'd.

(2) as we wait upon The Lord expect God to speak to you as we eat that cake / bread of life / That Rhema word

(2) expect God to give you strength as you drink of the living waters of the Holy Spirit:

(a) praying in the Spirit

(b) worshipping & praising The Lord

(2) our strength is **renewed**

(a) and we go from giving up, being depressed and wanting to die and begin to "**run and not be weary**" the strength that Rhema word gave you..

(a) running with the vision Hab 2:3

(b) and as the Apostle Paul said in:

(1) 2 Timothy 4:7 I have fought a good fight, I have finished my course, I have kept the faith:

[8] Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing.

(3) we go from being weary & faint to finishing our course

(a) **Def weary & faint**: (Isa40) exhausted & tired / mentally, physically, spiritually As We eat & drink we go from being weary & faint to:

(b) **walk (Isa 40)**... 2 Cor 5:17 For we walk by faith and not by sight

(1) no longer running from our fears

(2) no longing believing the evil report of the Jezebel spirit or What evil power of darkness that may be attempting to Intimidate you

(a) walking by faith,,, walking in the Spirit

4. Elijah went forty days and nights on the strength of that supernatural Food and waterforty is the number of testing:

a. & As God sends His word into our life arise eat and drink and run on the strength that word of the Lord brought into your life

b. keep eating upon, keep meditating upon that word , keep confessing the promises of the Word of God

c. That word will sustain you thru your season of testing

(1) Take the **prophetic word** spoken over your life and do as Paul

instructed Timothy

- (a) 1 Timothy 1:18 This charge I commit unto thee, son Timothy, according to the prophecies which went before on thee, that thou by them mightest war a good warfare;
- (2) keep drinking of those living waters by **praying in the Spirit**
 - (a) Jude 1:20 But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost,
 - (b) keep praising & worshipping The Lord
 - (c) and you will find the supernatural strength to walk victoriously thru life journey
 - (c) you will find the supernatural strength to walk thru life journey and complete your assignment from God
 - (d) you will discover the grace to continue on
 - (e) and you will maintain God given relationships that God brings Into your life
 - (1) spouse / godly friends/ mentors

D. Altar call