

## Moving From Pouting To Praising

1 Kings 19:1–18

1. Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword.

2. So 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."

3. Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there,

4. while he himself went a day's journey into the desert. He came to a broom tree, 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."

5. Then he lay down under the tree and fell asleep. All at once an angel touched him and said, "Get up and eat."

6. He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

7. The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you."

8. So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

9. There he went into a cave and spent the night. And the word of the LORD came to him: "What are you doing here, Elijah?"

10. He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

11. The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake.

12. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.

13. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?"

14. He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

15. The LORD said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram.

16. Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet.

17. Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu.

18. Yet I reserve seven thousand in Israel--all whose knees have not bowed down to Baal and all whose mouths have not kissed him."

### **Mistake # 1 – Elijah was throwing a pity party!**

verse 4 - "I've had enough Lord!

Many things we count as "spiritual warfare" are really pity parties!

Andre Maurois - "Self-pity comes so naturally to all of us."

Ralph Waldo Emerson - "Every man supposes himself not to be fully understood or appreciated."

Helen Keller - "Self-pity is our worst enemy and if we yield to it, we can never do anything wise in this world."

Oliver C. Wilson - "What poison is to food, self-pity is to life."

Winifred Rhoades - "To feel sorry for oneself is one of the most disintegrating things the individual can do to himself."

Tom O'Connor - "Your distress about life might mean you have been living for the wrong reason."

Pastor Mike Mille' - "Some people light up a room! By LEAVING!"

### **Mistake # 2 – Elijah was living in the glory of the past!**

verses 10 & 14 - "I've been very zealous for the Lord"

### **Mistake # 3 – Elijah began to compare himself to others!**

verse 14 - He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your

altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

Linda Harry – "There is only one way to end a self-pity cycle: stop comparing yourself to others, and simply follow Christ. "

**Mistake # 4 – Elijah began blaming others for his problems!**

**Mistake # 5 – Elijah exaggerated the problems!**

Marcus Annaeus Seneca - "A man's as miserable as he thinks he is."

verses 10 & 14 - "I am the only one left!"

**# 1 – Check your pulse!**

**# 2 – Look at the condition of others in our world!**

**# 3 – Be Careful what comes out of your mouth!**

Pr. 18:21

20. From the fruit of his mouth a man's stomach is filled; with the harvest from his lips he is satisfied.

21. The tongue has the power of life and death, and those who love it will eat its fruit.

(KJV) Death and life are in the power of the tongue:

Eph 4:29 -Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

**# 4 – Be careful what you think about!**

Phil 4:8 - Finally, brothers, 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.

1 – Because He is God

Psalm 95:6,7 - Come, let us bow down in worship, let us kneel before the LORD our Maker; for he is our God and we are the people of his pasture, the flock under his care.

2 – Because He commands it

Psalm 113:1-3 – Praise the LORD. Praise, O servants of the LORD, praise the name of the LORD. Let the name of the LORD be praised, both now and forevermore. From the rising of the sun to the place where it sets, the name of the LORD is to be praised.

3 – Because He is worthy

Psalm 18:3 - I call to the LORD, who is worthy of praise, and I am saved from my enemies.

4 – Because of His salvation

Luke 1:68,69 - "Praise be to the Lord, the God of Israel, because he has come and has redeemed his people. He has raised up a horn of salvation for us in the house of his servant David

5 – Because of His love – 2 Chronicles 20:21

After consulting the people, Jehoshaphat appointed men to sing to the LORD and to praise him for the splendor of his holiness as they went out at the head of the army, saying: "Give thanks to the LORD, for his love endures forever."

6 – Because of His greatness

Psalm 95:3 - For the LORD is the great God, the great King above all gods.

7 – Because of His faithfulness

Psalm 100:5 - For the LORD is good and his love endures forever; his faithfulness continues through all generations.

8 – Because of His mighty, wonderful, awesome works

Psalm 145:4,6 - One generation will commend your works to another; they will tell of your mighty acts. They will speak of the glorious splendor of your

majesty, and I will meditate on your wonderful works. They will tell of the power of your awesome works, and I will proclaim your great deeds.

## 9 – Because of His holiness

Psalm 99:3-5 - Let them praise your great and awesome name-- he is holy. The King is mighty, he loves justice-- you have established equity; in Jacob you have done what is just and right. Exalt the LORD our God and worship at his footstool; he is holy.

## 10 – Because of His miracles

Matthew 9:8 - When the crowd saw this, they were filled with awe; and they praised God, who had given such authority to men.

## 11 – Because of His power

Revelation 11:17 - saying: "We give thanks to you, Lord God Almighty, the One who is and who was, because you have taken your great power and have begun to reign.

## 12 – Because of His creation

Revelation 4:11 - "You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being."

## 1 Peter 1:3-7

3. Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead,

4. and into an inheritance that can never perish, spoil or fade--kept in heaven for you,

5. who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time.

6. In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials.

7. These have come so that your faith--of greater worth than gold, which perishes even though refined by fire--may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.