Berean Christian Church

Dr. Kerwin B. Lee, Senior Pastor

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Text

1Kings 19:1-4

Title

"Get Your Shift Together"

Breakdown of 1 Kings Chapter 19

1. The_____ against Elijah Verses 1-2
2. The_____ by Elijah Verses 3-4
3. The_____ for Elijah Verses 5-21

1. Shifts in your_____ can help you to overcome mental health challenges.
   Verses 5-8
   "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."* (NLT)

2. Shifts in your_____ can help you to overcome mental health challenges.
   Verses 10, 14, 18
   "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 [illegible] ets. I am the only one left, and now they are trying to kill me, too." 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." 18) Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!"* (NLT)

3. Shifts in your _____ can help you to overcome mental health challenges.
   Verses 15-16, 19, 21
   "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 Nimsh to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet. 19) So Elijah went and found Elisha son of Shaphat plowing a field. There were twelve teams of oxen in the field, and Elisha was plowing with the twelfth team. Elijah went over to him and threw his cloak across his shoulders and then walked away. 21) So Elisha returned to his oxen and slaughtered them. He used the wood from the plow to build a fire to roast their flesh. He passed around the meat to the townspeople, and they all ate. Then he went with Elijah as his assistant." (NLT)

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