

## **The Outsiders**

**Sunday, July 24th - Remington Anksorus**

Elijah - How Do I Follow Jesus When I Am Running On Empty?

### **How Do I Follow Jesus When I Am Running On Empty?**

**Physical Margin creates space between my LOAD and my LIMITS.**

*1 Kings 19:1-10 - 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!" 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. 9 There he came to a cave, where he spent the night. But the Lord said to him, "**What are you doing here, Elijah?**" 10 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 of your prophets. I am the only one left, and now they are trying to kill me, too."*

**Elijah was Burned Out.**

**Be Smart. Make Space to Slow your Pace!**

*Exodus 23:12 - "You have six days to do your work, but every seventh day you must stop and rest! Do this so that you, and your animals, and your house staff and your foreign workers may be refreshed."*

*Matthew 11:28-30 - 28 "Are you tired? Worn out? Burned out? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. 29 Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. 30 I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*

**Spiritual Margin creates space for me to hear God's voice.**

*1 Kings 19:11-13 - 11 "Go out and stand before me on the mountain," the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the*

*earthquake. 12 And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper. 13 When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.*

**Be Still. Create space to listen for God's voice.**

*Psalm 46:10 - "Be still and know that I am God."*

**Emotional Margin creates space for me to invest in others.**

*1 Kings 19:19-20 - 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. 20 Elisha left the oxen standing there, ran after Elijah, and said to him, "First let me go and kiss my father and mother good-bye, and then I will go with you!" Elijah replied, "Go on back, but think about what I have done to you."*

**Be Strong. Walk confidently in the plan God has for you.**

**Am I creating enough space to hear God's voice?**

**Daily Bible Readings:**

Monday: 1 Kings 19:1-21

Tuesday: Matthew 11:28-30

Wednesday: Psalm 46:1-11

Thursday: Exodus 20:1-21

Friday: 2 Kings 2:1-18