



# The Shepherds

## Escaping Despair

1 Kings 19 answers two questions in regard to despair:

### 1. Why was Elijah despairing? 1 Kings 18:42-46, 19:1-4

- ◆ Physical and emotional \_\_\_\_\_
- ◆ Shattered \_\_\_\_\_

### 2. How did Elijah recover?

#1. Kindness, food, and \_\_\_\_\_, verses 5-7

#2. T\_\_\_\_\_ -return to God, verse 8

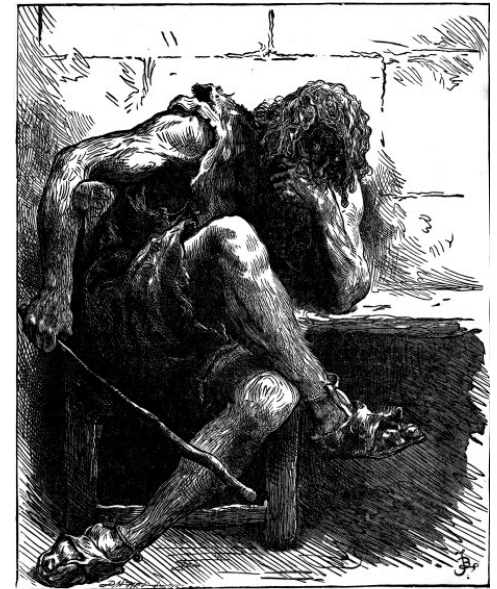
#3. \_\_\_\_\_

- ◆ Remember \_\_\_\_\_, verse 9

- ◆ \_\_\_\_\_ to God, verse 10

- ◆ Remember God's \_\_\_\_\_, verses 11-12

- ◆ Remember God's \_\_\_\_\_, verses 12-14



GIANT DESPAIR.

*(Exodus 34:6-7) "And the LORD passed before him and proclaimed, "The LORD, the LORD God, merciful and gracious, longsuffering, and abounding in goodness and truth, {7} "keeping mercy for thousands, forgiving iniquity and transgression and sin, by no means clearing the guilty, visiting the iniquity of the fathers upon the children and the children's children to the third and the fourth generation.""*

*(Zechariah 4:6) "... 'Not by might nor by power, but by My Spirit,' Says the LORD of hosts."*

- ◆ Remember God's \_\_\_\_\_, verses 15-18

*(Psalms 42:5-6) "Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance. {6} O my God, my soul is cast down within me; Therefore I will remember You ...."*

*(Psalms 42:11) "Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God."*

- ◆ A true \_\_\_\_\_, verse 16