

Six Things We Need When We're Afraid

April 14, 2024

Fast Facts about Elijah:

Main Passage: 1 Kings 19

1. When I'm afraid, I need _____

_____ is a _____

- When I'm feel _____, I can rest because God provides.

Psalm 127:2, NIV – In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.

- When I'm _____, I can be stress-free by resting my life in him.

Psalm 118:5-7a, NLT – In my distress (extreme anxiety, sorrow, pain) I prayed to the Lord, and the Lord answered me and set me free. ⁶ The Lord is for me, so I will have no fear. What can mere people do to me? ⁷ Yes, the Lord is for me; he will help me.

- When I feel _____, I can rest knowing God watches over me.

Psalm 4:8, NIV – In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.

2. When I'm afraid, I need _____

1 Kings 19:5b-6, NIV – All at once an angel touched him and said, “Get up and eat.” He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

3. When I'm afraid, I need to _____

Proverbs 4:23, NLT – Guard your heart above all else, for it determines the course of your life.

Like Elijah, I can tell God exactly what I'm feeling...

- _____ – 1 Kings 19:4, NIV – “I've had enough, Lord.”

- _____ – 1 Kings 19:10a, NIV – “I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword.”
- I’m _____ and discouraged. I feel like a worthless failure. – 1 Kings 19:4, NIV – “I’m no better than my ancestors.”
- I feel _____, _____, & _____ – 1 Kings 19:10c, NIV – “I am the only one left, and now they are trying to kill me too.”
- _____ – 1 Kings 19:4 (NIV), “Take my life.”

1 Peter 5:7, NIV – Cast all your anxiety on him because he cares for you.

Psalm 94:19, NIV – When anxiety was great within me, your consolation brought me joy.

Psalm 34:4, NLT – I prayed to the Lord, and he answered me. He freed me from all my fears.

4. When I’m afraid, I need God’s presence and _____

1 Kings 19:9,11-13a, NIV – 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?” ...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.

Psalm 23:4, GW – Even though I walk through the dark valley of death, because you are with me, I fear no harm. Your rod and your staff give me courage.

5. When I’m afraid, I need God’s presence and _____

Hebrews 10:24, NCV – Let us think about each other and help each other to show love and do good deeds.

1 Kings 19:15, NIV – The Lord said to him, “Go back the way you came... When you get there...”

6. When I’m afraid, I need _____

Friends help us...

- Carry _____ (Galatians 6:2)
- Achieve _____ (Ecclesiastes 4:9)
- Grow _____ (Romans 1:12)