



New Hampton Community Church

October 23, 2022

## ***“Overcoming Being Overwhelmed”***

Part 8 of “Hope for Everyday”

*“Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, <sup>4</sup> 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.” <sup>5</sup> Then he lay down under the tree and fell asleep.*

1 Kings 19 :3

➤ We \_\_\_\_\_ ourselves into \_\_\_\_\_

In verse 3 *“Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, <sup>4</sup> 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.*

➤ We try to \_\_\_\_\_ all \_\_\_\_\_...

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

➤ We tend to \_\_\_\_\_ on the \_\_\_\_\_

verse 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*

*All at once an angel touched him and said,..... “Get up and eat.”  
<sup>6</sup> 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.*

➤ What do you \_\_\_\_\_?

➤ What else do you need..... You need \_\_\_\_\_

*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. <sup>12</sup> After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.*

*“Are you tired? Worn out? Burned out on religion?*

Jesus says *“Come to me, Get away with me and you’ll recover your life, I’ll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill fitting on you . Keep company with me and you’ll learn to live freely and lightly.* Matthew 11:28-30 Message paraphrase translation