

Start Presentation

1 Kings 19:1-4

- 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.”**

1 Kings 19:13-15, 18

13b ...a voice came to him, and said, “What are you doing here, Elijah?”

14 And he said, “I have been very zealous for the LORD God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.”

15 Then the LORD said to him: “Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael as king over Syria.

18 Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him.”

The Pit of Self-Pity

Getting IN & OUT

Getting IN

People Don't Understand

James 3:13-16

13 Who is wise and understanding among you? Let him show by good conduct that his works are done in the meekness of wisdom.

14 But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth.

15 This wisdom does not descend from above, but is earthly, sensual, demonic.

16 For where envy and self-seeking exist, confusion and every evil thing are there.

Ephesians 4:29-32

29 And never let ugly or hateful words come from your mouth, but instead let your words become beautiful gifts that encourage others; do this by speaking words of grace to help them.

30 The Holy Spirit of God has sealed you in Jesus Christ until you experience your full salvation. So never grieve the Spirit of God or take for granted his holy influence in your life.

31 Lay aside bitter words, temper tantrums, revenge, profanity, and insults.

32 But instead be kind and affectionate toward one another. Has God graciously forgiven you? Then graciously forgive one another in the depths of Christ's love. [TPT]

Hebrews 12:14-15

14 In every relationship be swift to choose peace over competition, and run swiftly toward holiness, for those who are not holy will not see the Lord.

15 Watch over each other to make sure that no one misses the revelation of God's grace. And make sure no one lives with a root of bitterness sprouting within them which will only cause trouble and poison the hearts of many.

[TPT]

Getting IN

God Doesn't "Understand"

Hebrews 12:5-6

5 And you have forgotten the exhortation which speaks to you as to sons:

“My son, **do not despise** the chastening of the LORD,
Nor be discouraged when you are rebuked by Him;

6 For whom the LORD loves He chastens,
And scourges every son whom He receives.”

5 “My child, don’t underestimate the value of the discipline and training of the Lord God, or get depressed when he has to correct you.

6 For the Lord’s training of your life is the evidence of his faithful love.
And when he draws you to himself, it proves you are his delightful child.”

[TPT]

Getting OUT

A Thankful Heart

Psalm 42:5-7

**5 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 from the land of the Jordan,
And from the heights of Hermon, From the Hill Mizar.**

**7 Deep calls unto deep at the noise of Your waterfalls;
All Your waves and billows have gone over me.**

Psalm 42:5-6a

5 Why are you down in the dumps, dear soul?

Why are you crying the blues?

Fix my eyes on God—

soon I'll be praising again.

He puts a smile on my face.

He's my God.

6 When my soul is in the dumps, I rehearse

everything I know of you...

[Message]

Ephesians 1:16-19a

16 do not cease to give thanks for you, making mention of you in my prayers:

17 that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him,

18 the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,

19 and what is the exceeding greatness of His power toward us who believe

Getting OUT

A Giving Heart

Romans 12:19-21

19 Beloved, don't be obsessed with taking revenge, but leave that to God's righteous justice. For the Scriptures say:

**“If you don't take justice in your own hands,
I will release justice for you,” says the Lord.**

**20 And: If your enemy is hungry, buy him lunch!
Win him over with kindness.**

**For your surprising generosity will awaken his conscience,
and God will reward you with favor.**

21 Never let evil defeat you, but defeat evil with good. [TPT]

Matthew 5:43-44

43 “You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’

44 But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you

43-44 “You’re familiar with the old written law, ‘Love your friend,’ and its unwritten companion, ‘Hate your enemy.’ I’m challenging that. I’m telling you to love your enemies. Let them bring out the best in you, not the worst. When someone gives you a hard time, respond with the energies of prayer, for then you are working out of your true selves, your God-created selves.

[Message]

The Pit of Self-Pity

Getting IN & OUT

➤ Getting IN

- People Don't Understand
- God Doesn't "Understand"

➤ Getting OUT

- A Thankful Heart
- A Giving Heart

The End