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Anxiety And Fear: This Isn't Normal

James 5:17 - *Elijah was as human as we are, and yet when he prayed earnestly that no rain would fall, none fell for three and a half years!*

1 Kings 19:1-4 - *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."*

- **He's Walking In The Natural, Not By Faith**
- **Fear And Anxiety Amplify Everything; Faith And Patience Makes Room For God**

Psalms 16:7-8 - *I will bless the Lord who guides me; even at night my heart instructs me. ⁸ I know the Lord is always with me. I will not be shaken, for he is right beside me.*

- **Unchecked Fear Will Often Remove Us From God's Will**
- **Elijah Fled, Isolated Himself, And Threw A Pity Party**

Psalms 103:13-14 - *The Lord is like a father to his children, tender and compassionate to those who fear him. ¹⁴ For he knows how weak we are; he remembers we are only dust.*

- **The Safest Place For Us To Be Is Where God Has Placed Us**

1 Kings 19:11-13 - *"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.*

- **When We Hear It, We Have To Respond**

- 1. Fear Isn't So Much A Lack Of Faith, More Than The Forgetfulness Of God's Presence.**
- 2. You're Never Really Alone, Unless You Hide And Distance Yourself.**
- 3. Unchecked Feelings Of Despair Will Often Drive You Away From God.**
- 4. God Often Speaks In The Quiet Times, More Than The Big Events.**