



Refuel

[1 Kings 19 \(NIV\)](#)

Seventh in a 9-part series titled: *Reset*

Pastor Matt Friend – July 29 & August 1, 2021

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– OUTLINE –

Today's Big Idea:

Even the strongest Christians run out of gas and need to be refueled.

Ways to Refuel:

#1 – Let God refuel you physically

- With food
- With water
- With exercise

#2 – Let God refuel you mentally

- With sleep
- With counseling (as needed)
- With medicine (if recommended by your doctor)

#3 – Let God refuel you spiritually

- With prayer
- With the Bible
- With spiritual friends



Resource Recommendation

[Reset: Living a Grace-Paced Life in a Burnout Culture](#)

By David Murray



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– NOTES –

Today's True Story:

Found in 1 Kings chapter 19

Today's Big Idea:

Even the strongest Christians run out of gas and need to be refueled.

- Elijah was a man of like passions as we are ([James 5:17](#)).
- Many other great spiritual leaders grew discouraged, depressed, anxious, afraid: Jonah ([Jonah 4:1-8](#)), Job ([Job 6:1-9; 10:18-22](#)), Moses ([Numbers 11:10-15](#)), and Jeremiah ([Jeremiah 20:14-18](#)).

Ways to Refuel:

Our extraordinary God loves to refuel us in very ordinary ways. To live always seeking one “high experience” after another is to have a misdirected zeal. The majority of the Christian’s life is spent in quiet, routine, humble, and obscure obedience to God’s will.

#1 – Let God refuel you physically

- With food

Whether you eat or drink or whatever you do, do it all for the glory of God. (1 Corinthians 10:31)

- With water

Elijah ate and drank water. Staying hydrated is invaluable to physical health.



- With exercise

Exercising for 30 minutes 3-5 times per week offers unending benefits.

#2 – Let God refuel you mentally

- With sleep

Sometimes the most godly thing you can do is take a nap.

Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain. In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves. (Psalm 127:1-2)

- With counseling (as needed)

As the best counselor who has ever existed, God asks Elijah several questions to get him thinking.

If you feel you may need professional counseling, [here's the list of biblical counselors](#) we use and recommend.

- With medicine (if recommended by your doctor)

I am a pastor and we are a church. I'm not a doctor, nor are we a doctor's office. Nevertheless, let us remember that the same God who gave human beings the wisdom to make antibiotics gave us the ability to understand the human brain with all the chemicals and connections needed for human function.

If you feel you may need more help with what you are experiencing (depression, anxiety, etc.), go see your doctor.

#3 – Let God refuel you spiritually

- With prayer

Elijah experienced a tremendous breakthrough when he authentically poured out his thoughts and emotions before the Lord in prayer.



- With the Bible

It was God's Word that ultimately brought healing to Elijah's soul. As Jesus said, "We cannot live by bread alone."

- With spiritual friends

We'll be talking more about this next weekend, but it's worth a brief mention. In 1 Kings 19:2, Elijah sends away his personal assistant. We get the idea that he wanted to be alone. In his prayer, he eventually tells the Lord that he feels alone.

This is how despair often works. The momentum of bad circumstances can eventually lead you to dangerously false conclusions—especially that you are alone or that no one cares. It can even lead you to drive away the people who love you the most.

God reminded Elijah that there were 7,000 in Israel standing with him. Soon after this experience, God gave Elijah a close friend and partner in ministry: Elisha.

Why Let God Refuel Us? Because

Even the strongest Christians run out of gas and need to be refueled.