

**LIVING FOR GOD**  
**A STUDY OF 1 KINGS**  
**#17: HOW TO DEFEAT DISCOURAGEMENT**  
**1 KINGS 19**  
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**I. FIVE MISTAKES THAT MAKE MY DISCOURAGEMENT WORSE—1 KINGS 19:1-4**

1. Panic (v.3)

2. Escapism (v.3)

3. Isolation (v.3-4)

4. Anger (v.4)

5. Hopelessness (v.4)

## **II. WAYS TO DEFEAT DISCOURAGEMENT—1 KINGS 19:5-21**

### **1. Realize that the Lord knows exactly where I am (v.5)**

### **2. Recognize my own limitations (v.6-7)**

- Take care of myself physically (v.6)
- Trust God to do what i cannot do (v.7)

You will not succeed by your own strength or power, but by my Spirit,' says the LORD All-Powerful.

Zechariah 4:6b (NCV)

### **3. Request a better perspective from the Lord (v.8-14,18)**

### **4. Resume my ministry in the Kingdom (v.15-17)**

### **5. Reconnect with a support system of believers (v.19)**

***Notice also that:***

- God calls ordinary people
- God calls active rather than idle people
- God calls me to serve before I can lead

### **6. Resolve to leave the past behind (v.20-21)**