

KEEP YOUR FOCUS!!

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(#2)

8 MY MESSAGE TODAY IS TITLED: **KEEP YOUR FOCUS!!**

22 MANY PEOPLE CONSIDER CHARLES SPURGEON,THE FAMOUS LONDON PASTOR OF THE LATE 1800S,TO BE THE GREATEST PREACHER SINCE THE APOSTLE PAUL.

32 YET SPURGEON OPENLY ADMITTED THAT HE OFTEN STRUGGLED WITH DEPRESSION.

Spurgeon
36 IT IS A MATTER OF RECORD THAT SPURGEON,ON MORE THAN ONE OCCASIONWAS SO OVERCOME WITH FEELINGS OF WORTHLESSNESS,DEPRESSION AND DESPONDENCYTHAT HE LEFT HIS PULPITFOR TWO OR THREE MONTHS AT A TIME.

18 OFTEN HE SPENT DAYS RESTING ON THE COUCH BECAUSE HE WAS SO DEPRESSED,SO FEARFULAND SO DESPONDENT.

10 IN HIS WRITINGS,HE MENTIONS MANY HELPFUL THINGS CONCERNING DEPRESSION.

6 BUT ONE POINT IS ESPECIALLY RELEVANT.

19 IN GIVING A LIST OF THE TIMES WHEN WE ARE MOST PRONE TO DEPRESSION,THIS IS WHERE HE BEGINS:

11 **FIRST AMONG THEM I MUST MENTION THE HOUR OF GREAT SUCCESS.**

29 **WHEN AT LAST A LONG-CHERISHED DESIRE IS FULFILLED,WHEN GOD HAS BEEN GLORIFIED GREATLY BY OUR MEANS,.... AND A GREAT TRIUMPH ACHIEVED,THEN WE ARE APT TO FAINT.**

27 **IT MIGHT BE IMAGINED THAT AMID SPECIAL FAVORS.... OUR SOUL WOULD SOAR TO HEIGHTS OF ECSTASY,AND REJOICE WITH JOY UNSPEAKABLE,..... BUT IT IS GENERALLY THE REVERSE.**

13 **THE LORD SELDOM EXPOSES HIS WARRIORS TO THE PERILS OF EXULTATION OVER VICTORY;>>>>**

231 words

#2- ①

31 HE KNOWS THAT FEW OF THEM CAN ENDURE SUCH A TEST, AND THEREFORE DASHES THEIR CUP WITH BITTERNESS. //

21 HE OFFERS ELIJAH AS PROOF OF THIS POINT.... AND CONCLUDES THAT IN SOME MEASURE,DEPRESSION AND DISCOURAGEMENT AFTER A GREAT VICTORY>>>>>

20 ARE PART OF THE GRACIOUS DISCIPLINE OF GOD'S MERCY....>>>> LEST WE BECOME PROUD AND PUFFED UP AT OUR OWN ACCOMPLISHMENTS.

20 IT IS IN THAT LIGHT THAT WE CAN STUDY THIS ANCIENT STORYFOR IT HAS MUCH TO TEACH US TODAY.

14 THE BIBLE RECORDS THIS STORYFOR THE BENEFIT OF ALL WHO SERVE THE LORD.

22 WHAT HAPPENED TO SPURGEON,WHAT HAPPENED TO LINCOLN,WHAT HAPPENED TO ELIJAHWILL PROBABLY HAPPEN TO ALL OF US SOONER OR LATER.

>>>>>>>>>>>>>>>>>>>

8 (I. HIS CONDITION EXAMINED)

THE STORY BEGINS THIS WAY:

22 1 KINGS 19:1-2.....1 AND AHAB TOLD JEZEBEL ALL THAT ELIJAH HAD DONE,ALSO HOW HE HAD EXECUTED ALL THE PROPHETS WITH THE SWORD.

34 2 THEN JEZEBEL SENT A MESSENGER TO ELIJAH,... SAYING, "SO LET THE GODS DO TO ME,AND MORE ALSO, ...IF I DO NOT MAKE YOUR LIFE AS THE LIFE OF ONE OF THEM, BY TOMORROW ABOUT THIS TIME."

B YOU CAN JUST IMAGINE WHAT HAPPENED WITH JEZEBEL,AS SHE WAITED FOR THE RETURN OF HER HUSBAND AHAB.

6 AHAB GAVE HER THE BAD NEWS.

10 "WHAT HAPPENED TO THE PROPHETS OF BAAL?"... "THEY'RE ALL DEAD.">>>>>>

#2-(2)

228 words

19 "WHAT HAPPENED ON TOP OF THE MOUNTAIN?".... "THE LORD GOD OF ELIJAH WON THE DAY,AND BAAL WAS DEFEATED."

7 NOW JEZEBEL IS GOING TO GET EVEN.

10 SHE SENDS A MESSENGER TO ELIJAH WITH SOME OMINOUS NEWS:

13 JEZEBEL SAYS TO ELIJAH ^{she will kill him} THE SAME WAY YOU ^{he killed} DID TO THE PROPHETS OF BAAL."

4 HOW DOES ELIJAH RESPOND?

25 1 KINGS 19:3-4.....3 AND WHEN HE SAW THAT, HE AROSE AND RAN FOR HIS LIFE, AND WENT TO BEERSHEBA,WHICH BELONGS TO JUDAH, AND LEFT HIS SERVANT THERE.

44 4 BUT HE HIMSELF WENT A DAY'S JOURNEY INTO THE WILDERNESS, AND CAME AND SAT DOWN UNDER A BROOM TREE..... AND HE PRAYED THAT HE MIGHT DIE,AND SAID,"IT IS ENOUGH!.... NOW, LORD, TAKE MY LIFE,FOR I AM NO BETTER THAN MY FATHERS!"

7 Let's take a look at Elijah's condition

8 *****FIRST, HE WAS GRIPPED BY FEAR AND DOUBT.

7(Q) WHY WAS HE AFRAID OF THIS WOMAN?

7 ELIJAH JUST SAW GOD DO A MIRACLE.

6 HE HELPED SLAUGHTER THE FALSE PROPHETS.

3 *****SECOND, HE REACTED IMPULSIVELY.

9 THE TEXT SAYS THAT HE RAN FROM JEZEBEL ^{for his life.}

17 ELIJAH IS SO SCARED THAT HE DECIDES TO RUN AS FAR FROM JEZEBEL AS HE CAN GET.

5 *****THIRD, HE WANTED TO BE ALONE.

12 "WHEN HE CAME TO BEERSHEBA IN JUDAH, HE LEFT HIS SERVANT THERE" (V. 3).

5 THAT WAS A BIG MISTAKE.

#2- (3)

19 AT ONE POINT IN HIS MINISTRY, JESUS TOLD HIS DISCIPLES TO "COME APART AND REST FOR AWHILE" (MARK 6:31 KJV).

29 THERE IS A TIME WHEN YOU NEED TO GET UP AND GO TO WORK,AND THERE IS A TIME WHEN YOU NEED TO LAY DOWN AND TAKE A NAP.

19 SOMETIMES THE BEST THING WE CAN DO FOR THE LORD IS TO TAKE A VACATION.OR DO SOMETHING WE LIKE

9 THERE ARE TIMES WHEN GOD'S WORK DEMANDS STRENUOUS ACTION.

18 AND THERE IS A TIME WHEN YOU NEED TO SIT IN THE RECLINER,CRANK IT BACK.....AND RELAX.

16 SOLOMON REMINDED US IN ECCLESIASTES 3THAT THERE IS A TIME FOR EVERYTHING UNDER THE SUN. >>>>>>>>>>

8 "TO EVERYTHING THERE IS A SEASON."

17 GOD ORDAINS EVERY SEASON OF LIFE,INCLUDING THE TIMES OF HARD WORKAND THE TIMES WHEN WE MUST REST.

* 4 (1. OVERSTAINED MENTALLY...2. PHYSICALLY EXHAUSED...) >>>>>

6 *****THIRD,ELIJAH WAS OUT OF TOUCH SPIRITUALLY.

7 HE HAD LOST HIS FOCUS ON GOD.

12 (*) VERSE 3 SAYS THAT "ELIJAH WAS AFRAID AND RAN FOR HIS LIFE."

5 THAT WAS HIS FUNDAMENTAL PROBLEM.

4 HIS MIND IS OVERSTRESSED.

5 HIS BODY IS PHYSICALLY EXHAUSTED.

14 AND NOW HIS EYES ARE OFF THE LORDAND THEY'RE ON HIS CIRCUMSTANCES.

17 THAT'S WHAT CAN HAPPEN WHEN YOU ARE UNDER ENORMOUS MENTAL STRESS,AND WHEN YOU ARE PHYSICALLY EXHAUSTED.

8 WE KNOW THAT ELIJAH EVENTUALLY RECOVERED....DID MORE GREAT WORKS FOR GOD....AND APPOINTED ELISHA TO SUCCEED HIMSELF.

6 ELIJAH WAS HUMAN -- JUST LIKE US.

8 AND WE FACE THE SAME DIFFICULTIES IN LIFE.

13 BUT JUST LIKE ELIJAH,OUR REAL PROBLEM IS NOT THE PROBLEMS WE FACE.

14 IT IS OUR FOCUS!!!

12 WE CAN FOCUS ON OUR INABILITYAND LACK....>>>>

10 OR WE CAN FOCUS ON GOD'S ABILITYAND ABUNDANT PROVISION.

>>>>>>>>>>>>>>

17 MAYBE YOU FIND YOURSELF HIDING IN A "CAVE" TODAY,AFRAID TO VENTURE FORTHAND FACE YOUR SITUATION.

8 MAYBE YOU ARE AFRAID OF FAILURE OR REJECTION.

15 OR MAYBE YOU ARE DISCOURAGED..... BECAUSE THINGS HAVEN'T WORKED OUT LIKE YOU THOUGHT THEY WOULD.

5 (Q) ARE YOU IN SUCH A CAVE??

Things getting worse instead of better

8 THEN I ASK YOUAS GOD ASKED ELIJAH...>>>

7 (Q) WHAT ARE YOU DOING IN THE CAVE?!

5 GET OUT OF YOUR "CAVE!"

5 GOD IS ON YOUR SIDE.

6 THE GREATER ONE IS IN YOU.

5 THE LORD IS YOUR HELPER.

10 HE HAS PROMISED TO NEVER LEAVE YOUOR FORSAKE YOU.

10 YOU CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS YOU.

5 Keep your focus on this #2 (8)

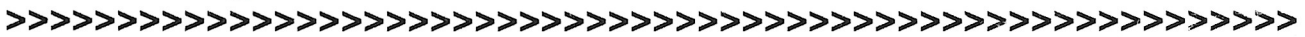
KEEP YOUR FOCUS ON GOD,GOD LOVES YOU.

KEEP YOUR FOCUS ON GODWHO IS GREATER THAN ANYTHING YOU WILL EVER FACE.

KEEP YOUR FOCUS ON GOD.....AND YOU WILL FULFILL GOD'S PURPOSE IN YOUR LIFE.

KEEP YOUR FOCUS ON GOD.....FOR WHOM ALL THINGS ARE POSSIBLE.

END



LET'S PRAY.

2

Are you stuck in a cave?

Are you battling depression & despair?

Do you feel like giving it all up?

Quality Not DR

Your answer is not a Prozac or an extended "Happy Hour".
" " " " a ~~vacation~~ more social engagements.

Takes your focus off yourself
" " " " of your problem or problems.
" " " " of your lack

or parties or endless activities

Your answer lies with keeping your focus on the Lord.

- Being open to Him
- Being yielded to Him
- Being strengthened by Him
- Being (9) guided by Him.

#2

(X) (3)

SO HOW DO YOU DO IT?

HOW DO YOU KEEP YOUR FOCUS?

WELL, THE BASICS ARE AS FOLLOWS:

1.) KEEP YOUR MIND FROM BECOMING OVERSTRAINED.

GO ON VACATION....DO SOMETHING YOU LIKE....REST.

KEEP YOUR MIND RESTED AND STRONG.

2.) STAY PHYSICALLY RESTED.KEEP YOUR BODY RESTED AND HEALTHY AS WELL. MAKE SURE YOU ARE EATING WELL...AND GETTING ENOUGH SLEEP.

3.) STAY IN GOD'S WORD.....WHATEVER YOUR PROBLEM IS....GOD HAS A WORD FOR YOU.....SPEND TIME IN HIS WORD....AND IT WILL BE COMFORT....AND WILL KEEP YOUR FOCUS ON HIM.

4.) FINALLY...PRAY. THIS IS THE BEST WAY TO KEEP YOUR FOCUS ON GOD...PRAY TO HIM...TALK TO HIM ABOUT YOUR SITUATION. ...LISTEN TO HIS DIRECTION FOR YOU.

Prayer + fasting

STAYING RESTED AND HEALTHYBOTH PHYSICALLY AND MENTALLY.. WILL HELP YOU KEEP YOUR FOCUS ON GOD.

STAYING IN THE WORD.....AND PRAYER....WILL ALSO KEEP YOU FOCUSED ON GOD.

Go to (#2) below.

*Your problem is not the problem you face.
It is your focus
Keep your focus on Him.
#2 - (10)*

Amor

Oh Lord

We thank you for your word today & we
want to know You better by hearing
your word

Help us to always keep our focus on You
& not the problems of this life.

Help us to stay physically rested — to keep our
mind from being overstrained — to stay in Your
Word & in prayer.

We know that keeping our focus & hope in You
is the key to conquering depression & despair.

We praise You

We love You

We need You.

We say this prayer in the precious name of
Jesus, & We say — Amen