

When You're Down,
LET GOD LIFT YOU UP!

JUNE 4, 2023

WORSHIP

Joy, Only a God Like You,
Run to the Father, 10,000
Reasons (Bless the Lord)

WELCOME

What is the first thing you
do when you're feeling
down?

WORD

1 KINGS 19:8-13
 (READ 1 KINGS 17-19 FOR
 CONTEXT)

⁸ So he arose and ate and drank and went in the strength of that food forty days and forty nights to Horeb, the mountain of God. ⁹ Then he came there to a cave and lodged there; and behold, the word of the Lord came to him, and He said to him, "What are you doing here, Elijah?" ¹⁰ He said, "I have been very zealous for the Lord, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away." ¹¹ So He said, "Go forth and stand on the mountain before the Lord." And behold, the Lord was passing by! And a great and strong wind was rending the mountains and breaking in pieces the rocks before the Lord; but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake. ¹² After the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of a gentle blowing. ¹³ When Elijah heard it, he wrapped his face in his mantle and went out and stood in the entrance of the cave. And behold, a voice came to him and said, "What are you doing here, Elijah?"

It's important for us to know what a life worth living looks like—whether it's through triumphs or tragedies of the people in the Bible—so that we will live a life that's worth it and finish well. There are lessons we can learn from the life of the prophet Elijah who was used by God in amazing ways. He had an amazing relationship with God. He walked with God and was full of the Spirit, yet Elijah had one significant low point.

How do we prepare for those low points before they come, or what do we do when we are in those low points since it's going to happen to everyone several times in our life? Often, we are tempted to find our "lift" in something or someone else—distraction, amusement, events, other human beings. They may give us that lift for a moment, but God alone provide the best and lasting lift when we are down.

James 5:17-18 says that Elijah was just like us; we can identify with him. Our lives can be divided into three: the high points, the low points, and the end.

There is no such thing as an ordinary day with God if we are going to live a life worth living. We are meant to live the supernatural Spirit-filled life. It is meant to be the everyday life of a follower of Jesus.

I. THE HIGHS: REMEMBER (1 Kings 17:1-9; 1 Kings 18:1-2,17-45)

Jewish history, culture, and religion had a lot to do with remembering. A lot of the book of Psalms was about remembering the amazing high points with God. We should live a life of gratitude, personal worship, and remembering and counting our blessings.

1 Kings 17:1 introduces us to two characters: Elijah whose name means "God is my LORD" and Ahab who was the king of the Northern Kingdom of Israel. Ahab did more evil than all of the kings before him. He led Israel into a practice of idolatry, worshiping false gods that demanded sacrifices and the use of cult prostitutes in their process of worship. He married an equally evil queen, Jezebel. Elijah went to Ahab to tell him that there's going to be a drought for three and a half years of which Elijah will also be affected. It was in the midst of drought that Elijah experienced great highs with God. Even in times of emotional or spiritual drought, we can experience highs with God. Amazingly in a time where there was no water, God provided for Elijah a brook, a water source, and bread and meat twice a day through ravens (**vv.2-4,6**). The brook eventually dried up. Then, God said a Gentile widow will provide for Elijah until the famine was over (**vv.7-9**).

Three and a half years later, Elijah had a proposal to Ahab to gather all Israel together with the false prophets at Mount Carmel (**1 Kings 18:17-20**). Elijah challenged the people to decide for themselves who to follow (**v.21**). A showdown took place (**vv.23-40**) which is one of the most amazing and stunning victories of God through His servant Elijah. It was a big high for Elijah! He prayed and the rain was back (**vv.42,44-45**).

4Ws #WORTH IT

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WORD

Even everyday life is full of God's blessing if we count and remember them (**Psalm 103:1-5**).

II. THE LOWS: RUN TO GOD (1 Kings 19:1-18)

Ahab told Jezebel what Elijah had done and Jezebel threatened Elijah (**1 Kings 19:1-2**). Elijah knew she was capable of carrying out this threat because she already had murdered many of the prophets of the Lord. It's easy for Elijah, just like us, to forget the highs when the low points come. All of a sudden, the low point predominates our thinking. Elijah was afraid and ran for his life. He left his servant and was looking for a place where he can resign from life (**vv.3-4**). This thought is not from God; God is the life-giver and has a wonderful plan for our lives.

The angel of the LORD—God Himself, took care of Elijah personally; after which, Elijah went to Horeb (**vv.5-8**). Elijah may be running away at first but this time he ran to God. Mount Horeb was where Moses received the Ten Commandments, the meeting place with God. There, Elijah poured out his heart (**vv.9-10**). God's presence was revealed to Elijah not in the wind, earthquake, nor fire, but in a whisper. God asked the same question, and Elijah had the same answer, but it was a confession this time (**vv.13-14**).

God lifted up Elijah (**vv.15-18**) using the T.E.A. Principle (our Thoughts impact our Emotions which impact our Actions). There needs to be a change in our thinking. The prophet Jeremiah taught us the same principle in **Lamentations 3:19-23**. God has given us a way of meditating on His goodness so that we will be lifted up.

III. THE FINISH: REST ASSURED (1 Kings 19:19,21; 2 Kings 2:11-12)

Elijah passed on his mantle of leadership to Elisha (**1 Kings 19:19,21**) and he ended well in a blaze of glory (**2 Kings 2:11-12**).

Another example of someone who finished well was Eric Liddell, a missionary to China. He died in captivity in a Japanese camp because he gave his slot in a prisoner exchange program to a pregnant woman. He could have been set free, but he took her place. This reminds us of what Jesus did for us. We are prisoners of sin, but He willingly died the death we should have died and paid for the sins He never committed.

We can all finish well! Meditating on **Hebrews 12:1-2**, we need to keep running the race well by remembering the highs, running to God in the low points, and fixing our eyes on Jesus. Jesus is the reason why we can remember the highs, why we should run to God in the lows, and the reason and greatest motivation for finishing well. Living our lives for Jesus will always be worth it!

DISCUSSION QUESTIONS

(Leaders: Please choose questions that are appropriate to the level of spiritual maturity of your members)

1. Self-Check.

What are some of your life's high moments with the Lord? Take turns in sharing; also thank and worship the Lord for these.

2. Setting It Right.

What are some low points in your life? Are you going through one now? Take time to encourage and pray for one another.

3. Living It Out.

Are you 100% sure you will go to heaven? Why or why not? How does being sure of your salvation impact how you live your life today?

WORKS

PRAY CARE SHARE IN ACTION

Pray for people to look to the Lord Jesus Christ as the lifter of souls. Extend physical and spiritual care to those who are at the low points of their life. Be a listener. Be a sharer of good news—the gospel or your testimony of how God lifted you up when you were down, to someone this week.

WEEKLY PRAYER POINTS

I. Thanksgiving

- Worship God for who He is, what He has done, and what He will do in our lives.

II. Country and the World

- Upright and moral governance of public servants; repentance and salvation for government leaders and citizens for a Christ-centered Philippines.
- God's help and comfort for the Sudanese people caught in violence and conflict.
- War in Ukraine to end, loss of lives prevented; tension in East Asian and Middle East countries to stop.

III. Church

- That CCF Members would honor and love God and make disciples.
- Elders, pastors, dleaders, and families (holy, humble, harmonious, happy, heart-working).
- Ministries and churches expansion worldwide.

IV. CCF Facilities

- Worship and Training Center
- Prayer Mountain

V. Personal Concerns

- Deeper intimate relationship with God.
- Righteous living.
- Salvation of family and friends.

MEMORY VERSE

JAMES 5:17-18

¹⁷ Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain, and it did not rain on the earth for three years and six months. ¹⁸ Then he prayed again, and the sky poured rain and the earth produced its fruit.