

MESSAGE NOTES



Series: Unsettled
Message: Learning to Deal
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² Dear brothers and sisters, when troubles come your way, consider it an opportunity for great joy.

³ For you know that when your faith is tested, your endurance has a chance to grow. ⁴ So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

James 1:2-4 (NLT)

Anxiety is defined as a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

Step out of avoidance and denial.

Admit your need.

Now Elijah, who was from Tishbe in Gilead, told King Ahab, "As surely as the Lord, the God of Israel, lives—the God I serve—there will be no dew or rain during the next few years until I give the word!"

1 Kings 17:1 (NLT)

² Then the Lord said to Elijah, ³ "Go to the east and hide by Kerith Brook, near where it enters the Jordan River. ⁴ Drink from the brook and eat what the ravens bring you, for I have commanded them to bring you food." ⁵ So Elijah did as the Lord told him and camped beside Kerith Brook, east of the Jordan. ⁶ The ravens brought him bread and meat each morning and evening, and he drank from the brook.

1 Kings 17:2-6 (NLT)

³⁶ At the usual time for offering the evening sacrifice, Elijah the prophet walked up to the altar and prayed, "O Lord, God of Abraham, Isaac, and Jacob, prove today that you are God in Israel and that I am your servant. Prove that I have done all this at your command. ³⁷ O Lord, answer me! Answer me so these people will know that you, O Lord, are God and that you have brought them back to yourself."

³⁸ Immediately the fire of the Lord flashed down from heaven and burned up the young bull, the wood, the stones, and the dust. It even licked up all the water in the trench!

1 Kings 18:36-38(NLT)

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." ⁵ Then he lay down and slept under the broom tree.

1 Kings 19:3-5a (NLT)

How does God respond to our need? He meets us in it.

²⁸ Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light."

Matthew 11:28-30 (NLT)