

# I'M DONE!

I CAN'T DO THIS ALL ALONE ANY LONGER

July 6 | 1 Kings 19:1-18  
Royal Meltdowns



*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!"* 1 Kings 19:4 (NKJV)

1. We all experience meltdowns. Times when we are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ of life. (vv. 1-4)
2. Yet God gives \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. (vv. 5-8; Mt. 6:25-26)
3. But shelter, food and rest alone are not enough. God also exposes the tired, untrue \_\_\_\_\_ we tell \_\_\_\_\_. (vv. 9-13)
4. The purposes of God advance, not through \_\_\_\_\_ and \_\_\_\_\_, but through the \_\_\_\_\_ of all who respond in \_\_\_\_\_ to the still small \_\_\_\_\_ of God. (vv. 13-18)
5. In a meltdown moment:
  - a) Attend to your \_\_\_\_\_ needs.
  - b) Monitor the \_\_\_\_\_ you tell \_\_\_\_\_ about yourself.  
(v. 10, 14)
  - c) Listen for the quiet \_\_\_\_\_ and unseen \_\_\_\_\_ of God.  
(vv. 11-12; 18)

*...after the earthquake a fire, but the LORD was not in the fire; and after the fire a still small voice.* 1 Kings 19:12b (NKJV)

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