

Dealing With Disappointment

1 Kings 19

Pride keeps people from **admitting we aren't doing well.**

1 Kings 19:1-5a

Even our heroes **struggle with mental illness.**

1 Kings 19:5b-9a, 1 Kings 19:7b

You cannot **endure your struggle on your own.**

Fearful people tend to **wander in the wilderness of life.**

We should seek to **meet with God.**

Matthew 11:28-30, Isaiah 40:31

Give your burdens to Jesus and spend some **time with Him.**

1 Kings 19:9b-10, 1 Kings 19:11-13, 1 Kings 19:14-18

Knowing God has a **plan for our lives gives us hope and helps us heal.**

****Listen** for God's still small voice for strength and direction.**



“Leading people to become believers and passionate followers of Jesus Christ.”