

## ***What To Do When Your Faith Becomes BLAH***

**INTRODUCTION:** Sometimes we get the “*Spiritual Blahs*”.

- Sometimes God seems very far away – Hebrews 13:5
- Elijah experienced the “*Spiritual Blahs*” – James 5:17

### **WHY ... DO WE GET THE “*Spiritual Blahs*”?**

#### **1.- FATIGUE – 1 Kings 19:1**

- 19:2-3 – Elijah was “*tired*” ... running for his life.
- 19:4 – Elijah just wanted to DIE!

#### **2.- FRIEND – 19:3**

- Discouraged people are LONELY people ... 19:4
- You’ve got FRIENDS ... use them!

#### **3.- FOCUS – 19:3**

- He focused on his troubles, and not on God.
- Don’t let other people or things run, ruin, and control your life.
- When we take our eyes off Jesus, we begin to “*sink*” – Heb. 12:2

#### **4.- FRUSTRATION – 19:4**

- Don’t compare yourself with anyone else.

#### **5.- FATALISTIC – 19:5-7**

- God never took His eyes off of Elijah.
- Elijah never praised God for God’s blessings – 19:10

#### **6.- FUNCTION – 19:8-9**

- God wants Elijah to function again – 19:11a

### **HOW ... DO WE GET OUT OF THE “*Spiritual Blahs*”?**

- 19:11-12 – God wanted to show Elijah the ...

- 1.- Wind – We want God to “*blow away*” our problems.
- 2.- Earthquake – We want God to “*crush*” our problems.
- 3.- Fire – We want a “*quick fix*” for our problems.

#### **7.- FAITH – 19:12b-13 – “*a still small voice*” – Psalms 46:10**

- When you’re ready to LISTEN, God will SPEAK to you.

19:13b – God has spoken to Elijah before – 19:9

19:14 – Elijah gives the same answer as before – 19:10

- Now, Elijah is pouring his heart out to God, not complaining.

19:18 – God encourages Elijah.

Jesus is “*knocking*” at your hearts’ door – Revelation 3:20