

## INTRODCUTION:

### Illustration:

***What happens when you run out of fuel in the car? What are the warning signs?***

***What happens when the battery on your phone gets low?***

In life - what happens when we run on empty? What are the fuel tanks that we need to be mindful of?

In this series - called ***Living Well*** - we will be looking at 6 Fuel Tanks - and how we can ensure that we keep them replenished.

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Perhaps the most striking biblical example of a depleted individual who was restored is Elijah:

### **The story of 1 Kings 17-18 - Elijah 'The Super Hero Prophet'**

- *Drought: Eljah tells Ahab there wil be no rain for the next few years (17:1).*
- *Supernatural provision: God tells Elijah to hide in the Kerith Ravine, where he will be fed by ravens (17:2-6).*
- *More miraculous provision: The Lord commands Elijah to go to a widow's house in Zarephath. Through a miracle of food multiplication, Elijah, the widow and her son are all provided for (17:9-16).*
- *Resurrection: The son suddenly dies. Elijah prays and God raises him from the dead (17:17-24).*
- *Confrontation: God tells Elijah to present himself to Ahab (18:1).*
- *Secret agent: Obadiah, a devout believer in the Lord, meets Elijah. Ahab goes with Obadiah to meet Elijah (18:7,16).*
- *Victory: Elijah invites God to bring down fire, thus triumphing over the false prophets (18:19-39). Elijah has the prophets of Baal killed (18:40).*

### **The Story of 1 Kings 19**

Amazing success followed by the deepest of lows:

- He was Depleted.
- Withdrew from others.
- Isolated himself from his closest companion
- Spiralled into depression and suicidal

God intervned to restore him and sustain;

- Rest.
- Food.
- Sleep.
- More food, rest and sleep!
- Exercise.

Then a journey to a place where God had spoken (40 days). - Horeb

No place on earth was more associated with the manifested presence of God.

*“Go out and stand before me on the mountain,” the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper.”*  
1 Kings 19:11-12 NLT

God spoke in a new way.... A gentle whisper.

What next for Elijah?

- Recommissioning: God tells Elijah to go back and anoint two new kings and to call a young man, Elisha, to succeed him as prophet (19.15-17)

## **Response**

*Response - What are the **practices** that sustain my life and faith?*

## **6 Fuel Tanks:**

- **Physical**
- **Emotional**
- **Spiritual**
- **Financial**
- **Vocational**
- **Relational**

*As we journey through life these will naturally ebb and flow, however if too many get depleted at the same time we may find ourselves where Elijah was. God's desire is that we are restored by him - that we live well.*

**Where am I today?**

## **PRAYER**