

When Life Lets You Down

1 Kings 19:1-18

Pastor Shawn Thornton

Part 5 of a series entitled, "Picking Up The Pieces"

The Principle:

When life lets you down, let God lift you up.

(Disappointment: experience does not match expectation)

#1: What to Avoid When Life Lets You Down (1-4)

- **Being dissatisfied with life's circumstances (1-2)**
 - Setting your expectations too high
 - Demanding your expectations be met
- **Being discouraged by life's hurdles (3a)**
 - Stop living by faith
 - Start living by fear
- **Being depressed over life's problems (3b-4)**
 - Become isolated from everyone
 - Become exasperated by everything

#2: What to Pursue for God to Lift You Up (5-18)

- **Being refreshed through God's goodness (5-8)**
 - Naturally
 - Supernaturally
- **Being refocused on God's greatness (9-14)**
 - He works through the small more than the big
 - He works in the individual more than the crowd
- **Being reassigned by God's graciousness (15-18)**
 - You are not useless; God has ways you can serve
 - You are not alone; God has others who are serving

So now what...

- Give God your expectations
- Thank God for your experiences