

Finding Help When You're Helpless

1 Kings 19:1-18

➤ Have you ever felt absolutely helpless?

I. ELIJAH RAN FOR HIS LIFE

➤ Elijah ran for his life because:

- He _____
- He _____
- He _____
- He _____

➤ But there was help even at this low point.

➤ God always provides a shelter for us.

II. ELIJAH DESPAIRED OF LIVING

➤ He is not alone

- Job 7:13-16
- Genesis 27:46
- Numbers 11:14-15
- Jonah 4:3

➤ But every time God gave grace and help.

III. ELIJAH HID IN A CAVE

➤ He hid because

- He _____
- He _____
- He _____
- He _____

➤ If you are going to hide, hide in _____