Series: FailMen
Sermon: Refreshment
Bible Verses: 1 Kings 19:1-18
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Sometimes, I need to be _____, because _____ can wear me out.

Elijah was a powerful prophet who had done _____ directly from God.

After Elijah's epic victory, he was _____ and _____ for his _____.

Doing the right thing and doing good _____ all of Elijah's "problems."
Sometimes doing good is really _____!

Elijah feels like a _____ - "Take my life; I am no better than my ancestors."

God provided _____ for Elijah when he needed it.

Elijah takes what strength he has regained and uses it to go _____.

        Bad _____ nutrition can weaken, destroy, cause pain, or kill our _____.
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Meeting with God is important, especially when we _____ like we have enough energy to,
because it is that exact time when our _____ need it most, and God can correct our erring thoughts.

Because Elijah was seeking the Lord, God is able to correct Elijah's thoughts. Elijah is reminded that God is POWERFUL! God is a consuming _____! God can shatter MOUNTAINS! But, God can be _____ _____ towards us.

After Elijah remembers God's strength,_____, he is able to know God will care for him; but he had to _____ to be renewed and get his head on straight.

When I go to God consistently, even when _____, and remember God is strong and loving, I'll be able to _____ him and I'll have the strength to continue doing the right thing.

Practical Application:
        - **Go to Church**, and remember if I have the opportunity to learn that week, God is probably trying to
            _____ my soul, so I better eat and not just _____.
        - **Study my Bible _____**, and allow enough time and concentration so the Holy Spirit can teach me.
        - **Pray, for _____, daily**, and remember that a 5-second prayer over my meal isn't exactly
            soul-nourishing.