

# “Like Elijah, Learn to Battle the Blues”

First Baptist Church :: Montgomery, Alabama  
Jay Wolf, Pastor

## ♥ Determine Your Spiritual Location

📖 *1 Kings 19:1-21 (page 255 in the pew Bible)*

### ① Elijah's Problem

*“He went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. ‘I have had enough, Lord,’ he said. ‘Take my life; I am no better than my ancestors.’” 1 Kings 19:4*

### 👁 In-grown Eyeballs

### ② God's Prescription

#### 1. Physically: Get Up

*“Do you not know that YOUR BODY IS A TEMPLE of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” 1 Corinthians 6:19-20*

#### 2. Spiritually: Look Up

*“But when he saw the wind, he was afraid and beginning to sink, and cried out, ‘Lord, save me!’” Matthew 14:30*

*“Consequently, faith comes from hearing the message, and the message is heard through the word of Christ.” Romans 10:17*

#### 3. Relationally: Link Up

*“As iron sharpens iron, so one man sharpens another.” Proverbs 27:17*

*“Carry each other's burdens, and in this way you will fulfill the law of Christ.” Galatians 6:2*

## ★ Action Point: It's Your Choice