



RUNNING ON EMPTY

1. **FEAR** starts ruling my life.
2. I find myself **RUNNING AWAY**.
3. I distance myself from **HEALTHY RELATIONSHIPS**.
4. I make **FOOLISH** and impulsive **DECISIONS**.
5. I **PUSH** beyond my **PHYSICAL LIMITS**.
6. My life **SEEMS POINTLESS**.
7. I find myself wanting to **QUIT & GIVE UP**.
8. I feel **ISOLATED & ATTACKED**.
9. I compare myself **TO OTHERS**.
10. If I think **DEATH MIGHT BRING RELIEF**.

FILL THE TANK

1. We need to **REST**.
2. We need to **RELEASE OUR FRUSTRATIONS** to God.
3. We need to **REMEMBER & REFOCUS** on God.

1 KINGS

AUTHOR: UNKNOWN

KEY THEMES

The book describes the period of the monarchy in ancient Israel following Saul and King David

1 KINGS 18:15

"And Elijah said, 'As the LORD of hosts lives, before whom I stand, I will surely show myself to him today.'"

KEY VERSE

SYNOPSIS:

Against the backdrop of Israel's devastating blow, 1 Kings stands as a response to the questions and concerns of Israel. Jerusalem lay in ruins. The temple had been dismantled. Many had died and many more exiled to Babylon. They were questioning God's presence and control of things. 1 Kings was written as a true interpretation of what happened to Israel and a reminder that God is indeed on the throne. There are no other gods more powerful than He.