

# VBS “Battle Fatigue”

1 Kings 19:1-18  
East Berlin Community Church  
Pastor Keith A. Mosebrook  
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## Introduction

- Post-Traumatic Stress Syndrome or “Battle Fatigue”
- Spiritual Battle and “battle fatigue”
  - Cosmic spiritual battle with powers of darkness
  - Ministry involves an outlay of spiritual energy
  - Jesus was aware of the drain of ministry

## VBS Battle Fatigue: Case of Elijah

### A. Contracting Battle Fatigue—Mount Carmel 1 Kings 18

1. Defeat of Baal through fire.
2. Drenching of Ahab by rain.

### B. Combatting Battle Fatigue— Mount Horeb 1 Kings 19

1. Characteristics of Battle Fatigue
  - a. Fear of the Future—v. 3a
  - b. A desire to be Alone—vv. 3b-4a
  - c. Suicidal Thoughts—v. 4
  - d. Self-pity and Poor Self-Image—v. 4
  - e. Physical tiredness—v. 5a
2. Cure for Battle Fatigue
  - a. Rest and Relaxation—vv. 5-8
  - b. Retreat to communicate with God. vv. 9-14
    - 1) God comes looking for Elijah
    - 2) Elijah pours out his heart to God
    - 3) God answers with a demonstration of His Presence
      - a) Not in the spectacular
      - b) But in the quiet whisper
  - c. Replace faulty, painful thinking with the truth—vv. 15-18
    - 1) Elijah’s faulty thinking
    - 2) God’s truth
      - a) God’s not finished with him yet
      - b) Elijah is not the only one left
  - d. Return to Activity as soon as possible