



**EXTRA**  
**STRENGTH**

"**Strength**" (Heb,  
maoz): ability to  
carry weight without  
damage; to  
withstand pressure;  
to endure ; to have  
confidence ;

Take 2 times a day

**John 16:33 (MSG)**

I've told you all this so that trusting me, you will be unshakable and assured, deeply at peace. In this godless world you will continue to experience difficulties. But take heart! I've conquered the world."

(AMPC) “... but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world. I have deprived it of power to harm you and have conquered it for you”

(Wuest] “...I have come off victorious over the world with a permanent victory”

**Proverbs 30:18-19 (NKJV)**

<sup>18</sup> There are three things which are too wonderful for me, Yes, four which I do not understand: <sup>19</sup> The way of an eagle in the air, The way of a serpent on a rock, The way of a ship in the midst of the sea, And the way of a man with a virgin.

The way of an eagle in the air  
Walk of the Spirit-filled Believer

---

The way of a serpent on a rock,  
Warfare of the Kingdom

---

The way of a ship in the midst of the sea,  
Work of the Church in the World Culture

---

And the way of a man with a virgin.  
Wedlock Intimacy of the Church & Jesus

2 Corinthians 4:8-9 [NIV]

...We are hard pressed on every side, yet not crushed;  
we are perplexed, but not in despair;  
persecuted, but not forsaken;  
struck down, but not destroyed...

# FOUR FOLD ATTACK ON OUR WALK

Hard Pressed	Fatigue	Loss Of Strength
Perplexed	Failure	Loss Of Confidence
Persecuted	Fear	Loss Of Security
Struck Down	Frustration	Loss Of Vision

2 Corinthians 4:13 [NKJV]

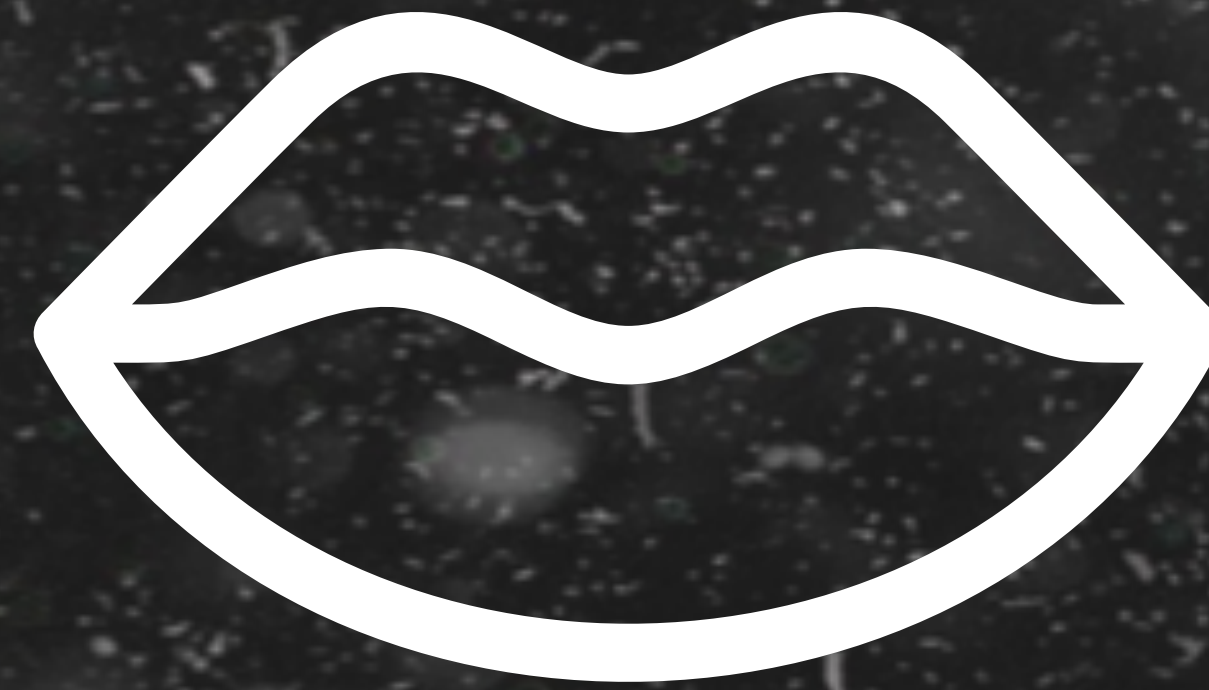
And since we have the same spirit of faith, according to what is written, "*I believed* and therefore *I spoke*," we also believe and therefore speak



# TWO THINGS TO KEEP IN CHECK



Heart



Mouth

**WHEN FEAR & FATIGUE  
HAS SET IN**

*ELIJAH*

## I KINGS 19:1-13 [NLT]

When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. <sup>2</sup> So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.” <sup>3</sup> Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. <sup>4</sup> Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said.

## I KINGS 19:1-13 [NLT]

“Take my life, for I am no better than my ancestors who have already died.” <sup>5</sup> Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” <sup>6</sup> He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. <sup>7</sup> Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.”

## I KINGS 19:1-13 [NLT]

<sup>8</sup> So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. <sup>9</sup> There he came to a cave, where he spent the night. The Lord Speaks to Elijah, “What are you doing here, Elijah?” <sup>10</sup> Elijah replied, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.”

## I KINGS 19:1-13 [NLT]

And He said, Go out and stand on the mount before the Lord. And behold, the Lord passed by, and a great and strong wind rent the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; <sup>12</sup> And after the earthquake a fire, but the Lord was not in the fire; and after the fire [a sound of gentle stillness and] a still, small voice. <sup>13</sup> When Elijah heard the voice...What are you doing here, Elijah?

# SIGNS OF EMOTIONALLY LOW FUEL

1. Intimidation creeps into my life.

*“Elijah was afraid.”*

*It's the type of fear that causes you to take action*

# SIGNS OF EMOTIONALLY LOW FUEL

1. Intimidation creeps into my life.
2. I find myself running away from things.

*The Bible says, "Elijah ran for his life..." Question: What are you running from right now? What are you running from?*



# SIGNS OF EMOTIONALLY LOW FUEL

1. Intimidation creeps into my life.
2. I find myself running away from things.
3. I start backing out of relationships.

*The Bible says he left his servant in the town of Beersheba. This is a guy had been with him for a long, long time, and he's just walking away from him. Are you walking away from a relationship?*

# SIGNS OF EMOTIONALLY LOW FUEL

1. Intimidation creeps into my life.
2. I find myself running away from things.
3. I start backing out of relationships.
4. I make foolish decisions impulsively.

*It says he walked for a full day into the desert. First, he's headed in the wrong direction and, second, he's got no plan.*

# SIGNS OF EMOTIONALLY LOW FUEL

5. I push myself past my physical limits.

*If you're doing that, you're headed for burnout. You push yourself past physical limits, "I can get more done..."*

# SIGNS OF EMOTIONALLY LOW FUEL

5. I push myself past my physical limits.

6. My work seems pointless.

*He says, "I've worked hard but," he says, "I really haven't seen any results. I haven't seen anybody change." He says, "Nobody's making any change. The nation's still in a mess, and they're still serving false gods, and they're offering sacrifices to idols." He blamed himself for things that weren't his fault.*

## SIGNS OF EMOTIONALLY LOW FUEL

5. I push myself past my physical limits.

6. My work seems pointless.

7. I complain that I want to quit and give up.

*He says, "God, I have had enough!" He's telling God, "Okay, I'm up to here. I'm at the end of my rope. I'm ready to throw in the towel. I'm ready to jump off the cliff." When your emotional tank is low, you lose your vision, you forfeit your future...*

# SIGNS OF EMOTIONALLY LOW FUEL

## 8. I feel isolated and attacked.

*Elijah says, "I'm the only one left." Elijah's exaggerating the problem. We always do that when we're emotionally low. We make the problem worse than it really is*

## SIGNS OF EMOTIONALLY LOW FUEL

8. I feel isolated and attacked.

9. I compare myself to others, and I feel bad about me.

*Elijah says, "For I am no better than my ancestors." We depreciate our worth when we feel burned out. We put ourselves down mentally. The self-talk replays over and over in your mind, "I'm nobody. My life doesn't matter. My work doesn't matter. My life has no value."*

## SIGNS OF EMOTIONALLY LOW FUEL

8. I feel isolated and attacked.
9. I compare myself to others, and I feel bad about me.
10. I think death might bring relief.

*“Elijah prayed that he might die...”*



**When Frustration & Failure sets in**

## 2 Kings 7:3-6 (NLT)

<sup>3</sup> Now there were four men with leprosy sitting at the entrance of the city gates. “***Why should we sit here waiting to die?***” they asked each other. <sup>4</sup> “We will starve if we stay here, but with the famine in the city, we will starve if we go back there. So we might as well go out and surrender to the Aramean army. If they let us live, so much the better. But if they kill us, we would have died anyway.”

## 2 Kings 7:5-6 (NLT)

<sup>5</sup> So at twilight they set out for the camp of the Arameans. But when they came to the edge of the camp, no one was there!

<sup>6</sup> For the Lord had caused the Aramean army to hear the clatter of speeding chariots and the galloping of horses and the sounds of a great army approaching. “The king of Israel has hired the Hittites and Egyptians to attack us!” they cried to one another.

# Two Significant Times

1. Don't Do something, just Stand
2. Don't just stand there, do something

---

**Exodus 14:15 (TLB)**

*Then the Lord said to Moses, "Quit praying and get the people moving!  
Forward, march!"*

**First Option**

**REMAIN  
AS THEY ARE...**

# The biggest hindrances to many people

**Comfort**

**Cost**

**Conviction**

## Second Option

# RETREAT

**Go back....**

- \* When Israel left Egypt God took them thru a different route to increase their capacity, because they had a retreat mentality.

# SIGNS OF FAMINE

- Stubbornness

---

*And there was a great famine in Samaria; and indeed they besieged it until a donkey's head was sold for eighty shekels of silver...*

**II Kings 6:25**



# SIGNS OF FAMINE

- Camping around where the Holy Spirit was and not where He is..

---

*...and one-fourth of a kab of dove droppings for five shekels of silver.*

**II Kings 6:25**

# SIGNS OF FAMINE

- Feeling of Helplessness in leadership
- 

*One day as the king of Israel was walking along the wall of the city, a woman called to him, "Please help me, my lord the king!"<sup>27</sup> He answered, "If the LORD doesn't help you, what can I do? I have neither food from the threshing floor nor wine from the press to give you."*

**II Kings 6:26-27**

# SIGNS OF FAMINE

- No Harvest and No Joy
- 

*...I have neither food from the threshing floor nor wine from the press to give you.”*

**II Kings 6:26-27 (NLT)**

# SIGNS OF FAMINE

- Depletion of the Next Generation

---

*"This woman said to me, 'Give your son, that we may eat him today, and we will eat my son tomorrow.' 29 So we boiled my son, and ate him. And I said to her on the next day, 'Give your son, that we may eat him'; but she has hidden her son.*

**II Kings 6:28-29 (NKJV)**

# SIGNS OF FAMINE

- Bitterness and anger towards the prophetic
- 

*Then he said, "God do so to me and more also, if the head of Elisha the son of Shaphat remains on him today."*

**II Kings 6:31 (NKJV)**

# SIGNS OF FAMINE

- Absence of the Fear of God
- 

*While he was giving his instructions, the king showed up, accusing, "This trouble is directly from GOD! And what's next? I'm fed up with GOD!"*

**II Kings 6:33 (MSG)**

*"All this misery is from the LORD! Why should I wait for the LORD any longer?"*

**II Kings 6:33 (NLT)**

**Third Option**

**RUN FORWARD**

# 3 Things We See In Their Running Forward...

## **1** SECURITY

The lepers were fed as they went



# 3 Things We See In Their Running Forward...

## **2** STRENGTH

The lepers weren't sure what the future would hold when they took action.

# 3 Things We See In Their Running Forward...

## **3** SUPPLY

They found provision that was supernatural

# WHAT DO I NEED TO DO?

- I need to **Rest**.
- 

*<sup>2</sup> He makes me lie down in [fresh, tender] green pastures; He leads me beside the still and restful waters. <sup>3</sup> He refreshes and restores my life; He leads me in the paths of righteousness [uprightness and right standing with Him—not for my earning it, but] for His name's sake.*

**Psalm 23:2-3**

# WHAT DO I NEED TO DO?

- I need to **Re-examine** my strategy.
- 

*So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.*

*<sup>9</sup> And there he went into a cave, and spent the night in that place; and behold, the word of the Lord came to him, and He said to him, “What are you doing here, Elijah?”*

**I Kings 19:8-9**

# WHAT DO I NEED TO DO?

- I need to Rest.
- I need to Re-examine my strategy.
- I need to Recognise the people in my circle.
- I need to Sow financially for open heavens.
- I need to use my Prophetic Words as weapons.
- I need to Guard an 'Atmosphere of Hope'.