

Surviving Mental Setbacks

Main Idea

A mental setback does not have to become a permanent stopping point

Scripture

1 Kings 19:1–13

1 Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 2 So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.”

3 Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day’s journey into the wilderness. He came to a broom bush, 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.”**

5 Then he lay down under the bush and fell asleep. All at once an angel touched him and said, “Get up and eat.”

6 He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

7 The angel of the Lord came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” 8 So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. 9 There he went into a cave and spent the night. And the word of the Lord came to him: “What are you doing here, Elijah?”

10 He replied, “I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. **I am the only one left**, and now they are trying to kill me too.”

11 The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. 12 After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. 13 When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

Survival Truths:

- 1:** Not every thought deserves your agreement
- 2:** Sometimes you are not failing... You are depleted
- 3:** Healing Doesn’t happen in secrecy
- 4:** God’s presence is not measured by volume
- 5:** A mental setback is something you experience, It is NOT who you are

Survival Tips for Your Monday Morning

1. Do a thought check before you make a decision

When you wake up overwhelmed, do not let the first thought become the final truth!

Ask yourself:

- What am I thinking right now?
- Is this thought true, or does it feel true because I am tired?
- What would I tell someone I love if they had this same thought?

2. Take care of your body before you judge your life

Before you call yourself weak, broken, or behind, check the basics

- Have I eaten?
- Have I had water?
- Have I slept?
- Have I moved my body?
- Have I taken my medication, if that is part of my care plan?
- Have I been carrying too much without a pause?

3. Tell one safe person the truth

Do not let the cave become your coping strategy

- Healing usually begins when we stop pretending we are okay in places where we are actually not okay