
What to do When You've Had Enough! 1Kings 19:1-18

There comes a time when we must admit when we get to the point where we have had enough. The question is not **if**, but rather **when** we will come to that time. In the scripture, Elijah had come to a place where he had had enough. This is an indication of lost hope.

“You can lose a lot of things, but don’t lose hope.” – Pastor Billy R. Johnson.

When we have had enough there are things we must do:

Be Refreshed

The scripture shows that Elijah lay and slept.

“We are looking through tired eyes at a problem and see no solution.” – Pastor Billy R. Johnson.

To simply rest would give us a refresher in our lives' journey which is a great. The scripture also shows that Elijah was told to *arise and eat*. Rest, nourishment, bread and the Word serves to refresh us. **What refreshes you?** Be aware of the people, the places, and the things that refresh you. As well be aware of the people, places, and environments that drain you. **Do you have refreshers in your life?**

How is your word diet?” – Pastor Billy Johnson

Take Time to Reflect

In the scripture (1Kings19:9) the question is asked of Elijah, “***What are you doing here, Elijah?***” Allowing him to reflect on the encounters that brought him to that season, his contribution in the journey, and an examination of an honest reflection.

Let God Reveal

In the scripture, Elijah was accustomed to seeing God through the spectacular. But in the scripture God revealed Himself not through winds, earthquakes or fire, but through *a still small voice*. Elijah was able to hear this after being *refreshed* through rest and nourishment, *taking time to reflect* in the wilderness, which gave God the opportunity to reveal Himself in a new way. Revealing a new assignment and a new perspective.

“You and I have to have the discernment to be able to experience God in ways that we never have before.” – Pastor Billy R. Johnson.

Let God Redirect and Return You to Ministry

We must recognize when God has changed the assignment.