

# **Cautionary Measures to Avoid Catalytic Crashes**

**(1 Kings 19)**

**Catalyst: Becoming a Change Agent  
in a “Couldn’t Care Less” Culture, No. 6**

# **1 Kings 19:1 (NIV)**

**Now Ahab told Jezebel everything  
Elijah had done  
and how he had killed all the prophets  
with the sword.**

## **1 Kings 19:2 (NIV)**

**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.”**

## **1 Kings 19:3-4 (NIV)**

**Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, <sup>4</sup> while he himself went a day's journey into the desert. He came to a broom tree, 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."**

## **1 Kings 19:5-6 (NIV)**

**Then he lay down under the tree  
and fell asleep.**

**All at once an angel touched him and said,  
“Get up and eat.”**

**<sup>6</sup> He looked around, and there by his head  
was a cake of bread baked over hot coals,  
and a jar of water.**

**He ate and drank and then lay down again.**

## **1 Kings 19:7-8 (NIV)**

**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.”**

**<sup>8</sup> 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.**

# Cautionary Measures

**1. Rest your body.**

**2.**

**3.**

# Cautionary Measures

- 1. Rest your body.**
- 2. Arrest your mind.**
- 3.**



# **Negative Thoughts**

**Fear**

**Loneliness**

**Worthlessness**

**Anger**

**Self-pity**

**Death Wish**

# **1 Kings 19:9 (NIV)**

**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?”**

## **1 Kings 19:10 (NIV)**

**He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken 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.”**

## **1 Kings 19:11 (NIV)**

**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.**

# **1 Kings 19:12 (NIV)**

**After the earthquake came a fire,  
but the LORD was not in the fire.  
And after the fire came a gentle whisper.**

# **1 Kings 19:13 (NIV)**

**When Elijah heard it,  
he pulled his cloak over his face  
and went out and stood  
at the mouth of the cave.  
Then a voice said to him,  
“What are you doing here, Elijah?”**

## **1 Kings 19:14 (NIV)**

**He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken 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.”**

# **Cautionary Measures**

- 1. Rest your body.**
- 2. Arrest your mind.**
- 3. Rejuvenate your spirit.**



## **Matthew 26:41 (NIV)**

**“Watch and pray  
so that you will not fall into temptation.  
The spirit is willing,  
but the body is weak.”**