

# THE COUNSELOR'S COUCH: From Stressed to Rest

1 KINGS 19:1-16

Dr. Matt Shackelford

■ Central Church

■ May 23, 2021

■ Social Media: #Counselor'sCouch

## Going from Stressed to Rest:

1. Identify Faith-Fracturing \_\_\_\_\_ (1-5).

2. Listen to a Soul-Soothing \_\_\_\_\_ (5-16).

3. Seek Out Burden-Bearing \_\_\_\_\_ (16).

### 1 Kings 19:1-16 (ESV)

Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword.<sup>2</sup> Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow."<sup>3</sup> Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.<sup>4</sup> But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers."<sup>5</sup> And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, "Arise and eat."<sup>6</sup> And he looked, and behold, there was at his head a cake baked on hot stone and a jar of water. And he ate and drank and lay down again.<sup>7</sup> And the angel of the Lord came again a second time and touched him and said, "Arise and eat, for the journey is too great for you."<sup>8</sup> And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.<sup>9</sup> There he came to a cave and lodged in it. And behold, the word of the Lord came to him, and he said to himself, "What are you doing here, Elijah?"<sup>10</sup> He said, "I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away." 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 tore 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 the sound of a low whisper.<sup>13</sup> And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, "What are you doing here, Elijah?"<sup>14</sup> He said, "I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away."<sup>15</sup> And the Lord said to him, "Go, return on your way to the wilderness of Damascus. And when you arrive, you shall anoint Hazael to be king over Syria.<sup>16</sup> And Jehu the son of Nimshi you shall anoint to be king over Israel, and Elisha the son of Shaphat of Abel-meholah you shall anoint to be prophet in your place.

### Biblical Counseling Homework:

1. Memorize Psa. 34:4. Fight to begin the habit of talking to yourself rather than listening to yourself. Write down and quote helpful verses to continually speak Scripture to yourself rather than listening to your own voice of fear and fear-producing thoughts.
2. Read the booklet by Jerry Bridges, "You Can Trust God" and answer the questions in the back.
3. Make a list of loving deeds that you can do for those around you. Choose to love by giving for the needs of another rather than drawing back in fear. Set a goal to do two of the loving deeds on your list this week.

### APPLICATION QUESTIONS

1. Today, we saw a prophet with a “runaway mind.” What are the events and situations in your life that tend to produce anxiety?
2. We’re reminded in Elijah, no one is immune from stress, no matter how spiritually mature you may be. It is often the most spiritual among us that struggle the most! Elijah acted in ways that nurtured those feelings of anxiety: Disconnected, Disappearing, Depleted, Disappointed. Which of these realities contribute to your stress and depression?
3. Many of our problems with anxiety come out of listening to the wrong voices. In verses 5-16, God counsels Elijah from the Word. Notice the tenderness of how the Word counsels Elijah. How do you create opportunities for the Lord to counsel your anxious mind in the Word?
4. One way God addresses Elijah’s stress is with a friend. He sends him to link up with Elisha. This counseled partnership reminds us that we were made to exist in a community. Healing happens in God’s Word and with God’s people. How will you take new steps to let someone else bear your heavy burdens?

#### **Quote for the Week. . .** by Kent Hughes



*“Today friendship has fallen on hard times. Few men have good friends, much less deep friendships. Individualism, autonomy, privatization, and isolation are culturally cachet, but deep, devoted, vulnerable friendship is not. This is a great tragedy for self, family, and the Church, because it is in relationships that we develop into what God wants us to be... Friendships...are there to be made if we value them as we ought – and if we practice some simple disciplines of friendship.”*