

RATTLED

CALVARY BAPTIST CHURCH

PART 1 – PANIC MODE

MARCH 23, 2014

1 Kings 19:1-18

I. The first reaction to a stressful situation is usually to run.

Psalm 139:7-8 – “Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You are there; If I make my bed in hell, behold, You are there.”

II. Mountain top experiences are often followed by spiritual low points.

III. There is no rest like the rest God provides.

Psalm 73:26 – “My flesh and my heart fail; but God is the strength of my heart and my portion forever.”

IV. You must pursue God in the midst of panic.

V. You are not alone in your trials.

PERSONAL TIME

- 1) When you're stressed out, how do you first react?
- 2) Do you recall times when your mountain top experiences were met with low points?
- 3) What has been the source of those low points?
- 4) How has God given you strength in those times?
- 5) In what ways have you pursued God?
- 6) When you're feeling alone, how have you been reminded that you are not?