

# RATTLED

CALVARY BAPTIST CHURCH

PART 1 – PANIC MODE

MARCH 23, 2014

## 1 Kings 19:1-18

**I. The first \_\_\_\_\_ to a stressful \_\_\_\_\_ is usually to \_\_\_\_\_.**

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 \_\_\_\_\_ are often followed by spiritual \_\_\_\_\_.**

**III. There is no rest like the rest \_\_\_\_\_ 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 \_\_\_\_\_ God in the midst of \_\_\_\_\_.**

**V. You are not \_\_\_\_\_ in your \_\_\_\_\_.**

## 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?