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DGM Message Summary: A Little Rest, A Little Company, And Some Good Food

Takeaway: Although the Prophet Elijah had performed many miracles, he allowed his emotions to distract him from hearing God's voice. When we are rested and free of life's distractions, we are best positioned to hear from God.

Scriptural References:

- 1 Kings 19:1-12
 - After King Ahab tells her of Elijah's prophesy and miracles, Jezebel sends a message to Elijah threatening to kill him and causing him to run away in fear.
- 1 Kings 21:1-10
 - Naboth rejects King Ahab's proposal to buy his vineyard causing Jezebel to construct a plot to kill Naboth and give his vineyard to King Ahab.
- Matthew 20:18
 - Jesus predicts and forewarns the disciples everything that is going to happen to Him.
- John 16:33
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Key Points:

- King Ahab lacked courage. His wife, Jezebel, was strong, but evil. Jezebel carried out the things Ahab was too afraid to do. Jezebel was feisty, decisive and willing to take action.
- No woman can love a man hard enough to make him strong.
- When Elijah received the threatening message from Jezebel, he became afraid and ran for his life.
- Even though Elijah was a prophet and a man of God, he got caught up in his feelings and began listening to his emotions and stopped listening to God.
- Emotions are great servants, but horrible leaders.
- At times, we allow the antagonism of one person to cause us to forget all the things God has done for us and brought us through.
- Elijah had performed miracles and prophesized phenomenal things, but allowed the antagonism and conflict with Jezebel to cause him to forget all the great things he had done through God.
- Elijah felt so weak that he wanted God to kill him. He allowed himself to get tired from all the emotional expenditures without taking the time to replenish.
- Constant emotional outputs without refreshing input will make the best of us lopsided.

- When you're constantly dealing with stress and trials and you don't have someone or people in your corner to bless you and support you, it will make you act funny or do strange things and in some cases make you want to die.
- While Elijah was at his lowest point, God met him where he was and provided what he needed – A little rest, a little company, and some good food.
- For many of us, our lives are out of balance because we are caring for everybody and we're not allowing ourselves to receive.
- Only God has unlimited and infinite capacity. Only God can love without limits.
- When you get so busy blessing and serving others that you don't take care of yourself, you become your own worst enemy.
- It's amazing what we can do when we get the practical things right. Sometimes you have to simply relax and give it to God. It allows you to get your perspective back.
- After Elijah was rested, he could hear from God. And God revealed to him that he was off track and in a far-away place because he followed his emotions rather than God's Word.
- If God has to yell at you all the time to get your attention, something is wrong. God shouldn't have to create drama for you to pay attention. God wants a relationship.
- Don't allow the noise of life or the noise of any circumstance to drown out God's voice.
- God prefers to speak to us when we are still and quiet and undistracted.
- God doesn't have to create an earthquake, a pillar of fire, or tornado to show his authority. God doesn't have to increase Himself to be real in your life. When you have authority, you don't have to yell.
- Let God speak in the quietness of your heart, let Him speak and guide you, and if it's God whatever He whispers will be enough.