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1. We worry because we cannot control the future.
2. Not worrying is not the same as not caring.
3. Shift your **devotion** from earthly things to **God's Kingdom**.



WHY **WORRY**

“Worry Procrastination”

The Two Kingdoms

Kingdom of Israel

Kingdom of Judah





1 Kings 19:1

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

1 Kings 19:2

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

Elijah was afraid and ran for his life.

**When he came to Beersheba in Judah,
he left his servant there.**

1 Kings 19:3

Elijah was afraid and ran for his life.
When he came to Beersheba in Judah,
he left his servant there.

1 Kings 19:4

while he himself went a day's journey into the wilderness. He came to a **broom bush**, 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 19:4

while he himself went a day's journey into the wilderness. He came to a broom bush, 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

**Then he lay down under the tree and fell asleep.
All at once an angel touched him and said,
“Get up and eat.”**

1 Kings 19:6

**He looked around, and there by his head was some bread baked over hot coals, and a jar of water.
He ate and drank and then lay down again.**

1 Kings 19:7

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.”

1 Kings 19:8

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.

1 Kings 19:8

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.**

1 Kings 19:9

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

He replied, “I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn 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

**The Lord said, “Go out and stand
on the mountain in the presence of the Lord,
for the Lord is about to pass by...”**

1 Kings 19:11

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...

1 Kings 19:11-12

After the wind there was an **earthquake**,
but the Lord was not in the earthquake.

After the earthquake came a **fire**,
but the Lord was not in the fire.

1 Kings 19:13

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

He replied, “I have been **very zealous** for the Lord God Almighty. The Israelites have rejected your covenant, torn 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 19:15

The Lord said to him, “**Go back the way you came,**
and go to the Desert of Damascus. When you get
there, anoint Hazael king over Aram.”

1 Kings 19:18

“Yet I reserve seven thousand in Israel - all whose knees have not bowed down to Baal and whose mouths have not kissed him.”

What are you doing here?

Don't go there!