

“Guard your heart above all else, for it determines the course of your life” (Proverbs 4:23 NLT)

Key Text: 1 Kings 19:1-7 (MSG)

¹⁻² “Ahab reported to Jezebel everything that Elijah had done, including the massacre of the prophets. Jezebel immediately sent a messenger to Elijah with her threat: “The gods will get you for this and I’ll get even with you! By this time tomorrow you’ll be as dead as any one of those prophets.” ³⁻⁵ When Elijah saw how things were, he ran for dear life to Beersheba, far in the south of Judah. He left his young servant there and then went on into the desert another day’s journey. He came to a lone broom bush and collapsed in its shade, wanting in the worst way to be done with it all—to just die: “Enough of this, God! Take my life—I’m ready to join my ancestors in the grave!” Exhausted, he fell asleep under the lone broom bush. Suddenly an angel shook him awake and said, “Get up and eat!” ⁶He looked around and, to his surprise, right by his head were a loaf of bread baked on some coals and a jug of water. He ate the meal and went back to sleep. ⁷The angel of God came back, shook him awake again, and said, “Get up and eat some more—you’ve got a long journey ahead of you.”

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full” (John 10:10 NIV).

I. Balance is a **Gift** from God.

“A false balance is an abomination to the Lord. But a just weight is his delight” (Proverbs 11:1 NKJV).

- Is life on the edge seasonal or a lifestyle?
“To every thing there is a season, and a time to every purpose under heaven” (Ecclesiastes 3:1 KJV).
- Burnout is when the **demand** on you is greater than the resources available to you.
- The Prophet Elijah had . . .
“Elijah was a human being, even as we are...” (James 5:17 NIV).
 - **Nature** like ours.
 - **Frailties** like ours.
 - **Feelings** like ours.
- We must realize that the power is from God and not us.
“For we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us” (2 Corinthians 4:7 NIV).

II. Signs of Life on the Edge:

1. **Fear** becomes a driving force in my life.
“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. Elijah was afraid...” (1 Kings 19:2-3a).
2. **Avoidance**: I stop confronting things in my life.
“Elijah was afraid and ran for his life” (1 Kings 19:3).
3. **Isolation**: I start backing out of relationships
“When he came to Beersheba in Judah, he left his servant there. Then he went on alone into the wilderness...” (1 Kings 19:3-4 NLT).

4. **Impulsive Decisions:**

"When Elijah saw how things were, he ran for dear life to Beersheba, far in the south of Judah. He left his young servant there and then went on into the desert another day's journey" (1 Kings 19:3-5 MSG).

5. **Apathy:**

"... I have had enough Lord he said. Take my life, I am no better than my ancestors" (1 Kings 19:4).

6. **Exhaustion:**

"Then he lay down under the bush and fell asleep" (1 Kings 19:5).

III. Four (4) **Guardrails** for Life on the Edge:

1. **Rest** my body:

"Exhausted, he fell asleep under the lone broom bush. Suddenly an angel shook him awake and said, "Get up and eat!"⁶He looked around and, to his surprise, right by his head were a loaf of bread baked on some coals and a jug of water. He ate the meal and went back to sleep.⁷The angel of God came back, shook him awake again, and said, "Get up and eat some more—you've got a long journey ahead of you" (1 Kings 19:5-7 MSG).

"He lets me rest in green meadows . . ." (Psalms 23:2 NLT).

2. **Release** my frustrations:

"Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully" (1 Peter 5:7 AMPC).

3. **Re-evaluate** my perspective:

"So if you're serious about living this new resurrection life with Christ, act like it...See things from his perspective" (Colossians 3:1-3 MSG).

4. **Remember** and **Refocus** on God:

"Remember the Lord in everything you do, and he will show you the right way" (Proverbs 3:6 GNT).

"Let us keep our eyes fixed on Jesus, on whom our faith depends from beginning to end" (Hebrews 12:2 GNT).

IV. Five (5) Things to Remember Daily – About God:

"Just thinking of my troubles and my lonely wandering makes me miserable. That's all I ever think about, and I am depressed. Then I remember something that fills me with hope. The steadfast love of the Lord never

come to an end; His unfailing mercy keeps me from being wiped out. Because of His great faithfulness each new day He is always kind to me. So deep in my heart I say to myself, "The Lord is all I need. He is my real hope!" (Lamentations 3:19-24 CEV, ESV, NLT).

1. His **love** never ends.

2. His **mercy** keeps me from being wiped out.

3. He is **faithful**.

4. He is always **kind** to me.

5. He is **all** I need. He is my hope!