

Date:

**Podcast Worksheet
Retreating from Battle**

Scriptural Text:

1 Kings 19:1-9, 14, 18; Psalm 119:28; Isaiah 40:28-31; Jeremiah 31:25; Matthew 11:28

Main Points:

1. A favorite time for the devil to strike is when we are depleted and vulnerable.
2. It is wise to be rested before evaluating or judging our efforts. Rest encourages a better perspective.
3. God's consistent principle is that everything is dependent upon him and nothing functions well apart from him and his principles.
4. God understands our need for rest because he created us.
5. As was true for Elijah, sometimes we need to retreat and recover so we can regroup and reengage in our work, serving the Lord.
6. It is common for those in ministry to feel alone.
7. Taking a spiritual retreat is highly beneficial for regaining strength and perspective.
8. Waiting on the Lord helps restore us, allowing us to persevere in our service.
9. Staying strong is dependent on being in Jesus' presence regularly: reading the Word, praying and listening to him.
10. Three violations will bring defeat: unforgiveness, neglecting the Sabbath rest, and not giving our relationship with the Lord the place of primary importance.

Questions:

1. What things tend to deplete you?
2. How do you normally react when this happens? What choices do you make?
3. What do you do when you need to rest and regroup? Do you feel this is a good strategy or does it need some modification? If so, what?
4. If it has been a while since you've had a spiritual retreat, plan one for the near future.

Prayer of Response:

Lord God, please help me make healthy choices when I find myself depleted from the battle. Help me know when I need to stop and rest. I want to persevere in my service to you, but in ways that are wise and obedient. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____
