

# WELCOME TO HAVEN

April 26, 2026

Welcome

Worship Songs

*"House of the Lord"*

*"No Longer Slaves"*

Infant Baptism

*John Eric DePew Jr.*

Prayer

Scripture for Today

*1 Kings 18–19 (NIV)*

Message

*"I've Had Enough"*

*Jack D. Cohen*

Offering/Worship Song

*"I Surrender"*

\*Closing



# FEELINGS NOTHING MORE THAN



FEELINGS: NOTHING MORE THAN...

I'VE HAD ENOUGH

■ **Anxiety is not a \_\_\_\_\_ of the mind – it is a \_\_\_\_\_**

“Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. <sup>2</sup> 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.” <sup>3</sup> Elijah was afraid<sup>(a)</sup> and ran for his life. When he came to Beersheba in Judah, he left his servant there, <sup>4</sup> 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 19:1-4

- Healing comes from the Great Physician but also God, the [Counselor](#)

**HOW'D I GET HERE?**

■ \_\_\_\_\_  
“Then he lay down under the bush and fell asleep. All at once an angel touched him and said, ‘Get up and eat.’ 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 19:5-6

■ \_\_\_\_\_  
“Elijah was afraid and ran for his life... He left his servant there.”  
– 1 Kings 19:3

■ \_\_\_\_\_  
“I am no better than my ancestors.”  
– 1 Kings 19:4

■ **Wrong** \_\_\_\_\_  
“I am the only one left, and now they are trying to kill me too..”  
– 1 Kings 19:10

■ **Loss of** \_\_\_\_\_  
“I have had enough, Lord,” he said. “Take my life..”  
– 1 Kings 19:4b

■ \_\_\_\_\_  
“I will make your life like that of one of them by this time tomorrow.”  
– 1 Kings 19:2

**HOW TO GET OUT**

“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. <sup>9</sup> 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?” <sup>10</sup> 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.” <sup>11</sup> The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” 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. After the wind there was an earthquake, but the Lord was not in the earthquake. <sup>12</sup> After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.” – 1 Kings 19:8-12

■ \_\_\_\_\_ **up**  
“...He ate and drank and then lay down again. 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 19:6b-7

■ **Get in** \_\_\_\_\_  
“Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal.”  
– 1 Kings 19:18

■ **Replace rumination with \_\_\_\_\_ from \_\_\_\_\_**  
“I will make your life like that of one of them by this time tomorrow.”  
– 1 Kings 19:2

■ **Reclaim your God-given** \_\_\_\_\_  
“Go back the way you came... anoint Hazael... anoint Jehu... anoint Elisha.” – 1 Kings 19:15–16

■ **Reconnect with the ‘ \_\_\_\_\_ ’**  
“So Elijah went from there and found Elisha...”  
– 1 Kings 19:19