



## **Rest is a Weapon** **God is *restoring and recalibrating*.**

1 Kings 19:1-18

**Guess what?** Insane performance expectations and the exhaustion that results cannot come from God.

**Elijah *recognized* God as the Giver of rest and recalibration.**

- God gives rest because we get exhausted—we are finite creatures.
- God gives recalibration because we get bad perspectives—at times we are wrong.
  - God gives recalibration but we do not always take recalibration.
  - God gives recalibration through His Word.
  - Most times we do not need a new situation—we need new thinking.

**Elijah *related* to God with sleeping and listening.**

**Elijah *responded* to God by taking the rest and returning to his service.**

**Core Truth:** The way back to strength, courage, and service...is through rest and recalibration.

# Walking Papers”

*Practical helps for walking the Christian walk each day this week.*

**Core Truth:** The way back to strength, courage, and service...is through rest and recalibration.

**Please read:** 1 Kings 19:1-18 each day this week.

- **Today.** Please give some thought and prayer to this question: “Is there any evidence that I am exhausted or at least too tired for long-haul faithfulness?” If so what will you do?
- **Monday.** Please give some thought and prayer to this question: “Is there any evidence that I am thinking poorly, believing things that are not true, or taking my beliefs from the wrong sources?” If so what will you do?
- **Tuesday.** Please read Romans 12:1, 2. How does this passage bear on this incident in the life of Elijah? What is the application of this to you? What are you going to do to gain regular recalibration in your own thinking?
- **Wednesday.** How can sleeping be an act of spiritual obedience? How can sleeping be rebellion toward God? Please give some thought to your sleep habits and how they reflect on your relationship with God.
- **Thursday.** Please think and pray about, “What are the main causes of poor thinking in my life?” What will you do to remedy these?
- **Friday.** What are the major barriers in your life to hearing God? How do you not accept recalibration from Him? What causes you to not listen well? What will you do to remedy this?
- **Saturday.** In preparation for tomorrow’s message please read and reflect on Genesis 16:1-15 and Genesis 21:9-21.

*Note for Connection Groups:* The full study guide for small group and personal study is available at: [www.cypressbible.org](http://www.cypressbible.org) and then click on “Get Connected” and the link is on that page.