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The power of the Lord came on Elijah and, tucking his cloak into his belt, he ran ahead of Ahab all the way to Jezreel.

1 Kings 18:46 (NIV)

*Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 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 and ran for his life. When he came to Beersheba in Judah, he left his servant there, 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 (NIV)***

*Elijah was as human as we are... **James 5:17 (NLT)***

EARLY SIGNS OF BURNOUT

1. START PUTTING YOURSELF DOWN MENTALLY

*"...for I am no better than my fathers." **1 Kings 19:4 (ESV)***

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."

1 Kings 19:10a (NIV)

2. START OVER EXAGGERATING YOUR PROBLEMS

*"...I am the only one left, and now they are trying to kill me too." **1 Kings 19:10 (NIV)***

WHAT CAN WE LEARN FROM ELIJAH ABOUT RECOVERING FROM THE COVID BLUES?

1. DON'T LISTEN TO EVERYTHING THAT YOU'RE TEMPTED TO BELIEVE WHEN YOU'RE EXHAUSTED

Can a smile truly make everything better? A new study finds even if you don't feel like smiling, faking one can have positive impacts. Researchers say smiling triggers certain facial muscles which can trick your brain into feeling more positive. The study by the University of South Australia examines participants holding a pen between their teeth, forcing their face to use the same muscles as a smile. The experiment reveals that this movement alters both facial and body expressions, which generates more uplifting emotions. "When your muscles say you're happy, you're more likely to see the world around you in a positive way," Dr. Marmolejo-Ramos says in a university release.

*Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him. **1 Kings 19:18 (NIV)***

2. TAKE TIME TO CARE FOR YOURSELF PHYSICALLY, SPIRITUALLY, AND EMOTIONALLY

*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. 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." So he got up and ate and drank... **1 Kings 19:5-8 (NIV)***

*...The LORD gives sleep to those he loves. **Psalms 127:2 (NCV)***

3. GET A FRESH AWARENESS OF GOD'S POWER AND PRESENCE IN YOUR LIFE

*...Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. **1 Kings 19:8 (NIV)***

*I lift up my eyes to the mountains— where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip— he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. **Psalms 121:1-4 (NIV)***

*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. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. 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 19:11-13 (NIV)***

*He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. **Isaiah 40:29-31 (NIV)***

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. Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet."

1 Kings 19:15-16 (NIV)

*Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. **Galatians 6:9 (NIV)***