

REVIVAL MINISTRY

Sermon In A Nutshell, "Simple Things!" January 17, 2020

1Kings 15:9 NKJV "Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, 'Arise and eat.'"

It is the simple things that make the difference. When Elijah was weary and down GOD did not tell him to do something difficult. GOD did not send a vision HE simply said, "arise and eat". That was a very natural thing for him to do.

It is the natural things that we often overlook as being important. Learning to look for GOD in the natural things in life is as important as looking for the supernatural. We must learn to listen to GOD through things that are natural. GOD uses natural things in life to raise our spirit.

Joy can replace sadness. Sadness is a real emotion without it we would not know how to appreciate joy. Thankfulness is a means to joy. When you are sad, downcast, or depressed listen for GOD'S simple advice. "Arise and eat!" Those were the simple words of advice to Elijah. That was what Elijah needed. He was tired and hungry, he had been confronted with great adversity. Elijah felt forsaken and all alone.

A good meal and a needed rest were just what the doctor would have ordered. It was a natural thing. It was a simple thing. Simple things are easily overlooked.

As a pastor, I use to get depressed on Mondays after a long hard Sunday. I learned it was caused by a very natural thing. Preaching three times on Sunday expended my nervous energy. Nervous energy is what we run on when our physical energy is spent. It causes us to deplete the serotonin in our brain that can cause depression. Learning this I began to take Mondays off. I found extended rest and pleasure a restoring process. It became my "arise and eat moment".

Listen to HIM for THE SIMPLE THINGS.

Today's Prayer:

"Thank YOU, LORD for the simple things in my life that I overlook and take for granted. I know you have provided these things for my comfort, benefit and protection so that I may live to worship YOU. Amen."

Feel HIS Blessings!

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