

Spiritual

Post Traumatic Stress Disorder

The Pathway

Do Life Together

Worship Together Regularly

Enjoy God's Presence

Live Differently

Give Generously

Share Your Story

Serve Others

The work of God: create us with a
desire and need for community.

The work of God: create us with a
desire and need for community.

The work of Satan: create a culture
that pushes us toward isolation.

The struggle to “do life
together is not a lack of
opportunity
but a lack of desire.

love

John 13:34-35
Romans 12:10; 13:8
1 Thessalonians 4:9
2 Thessalonians 1:3
Hebrews 13:1
1 Peter 1:22; 3:8
1 John 3:11, 23; 4:7, 11-12
2 John 1:5

be kind to | Ephesians 4:31-32

worship with | Ephesians 5:19-20

fellowship with | 1 John 1:7

greet

Romans 16:16
1 Corinthians 16:20
2 Corinthians 13:12
1 Peter 5:14

be humble toward | 1 Peter 5:5

teach | Romans 15:14
Colossians 3:16

forgive | Ephesians 4:32
Colossians 3:13

encourage

2 Corinthians 13:11
1 Thessalonians 4:18; 5:11
Hebrews 3:13; 10:24-25

submit to | Ephesians 5:21

lay down your lives for | 1 John 3:16

honor | Romans 12:10

ONE ANOTHER

accept | Romans 14:1-4, 13; 15:7

care for

Isaiah 41:6
1 Corinthians 12:24-25
Philippians 2:4
1 Peter 4:9

serve | Galatians 5:13

live in harmony with

1 Corinthians 1:10
Galatians 5:25-26
James 4:11; 5:9
1 Peter 3:8

bear with | Ephesians 4:2
Colossians 3:13

speak truth to | Ephesians 4:25
Colossians 3:9

admonish | Colossians 3:16

belong to

Romans 12:5
1 Corinthians 12:24-25
2 Corinthians 13:11
Ephesians 4:25

wash the feet of | John 13:14

1 Kings 19: Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 2 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.”

1 Kings 19: 3 Elijah was afraid and ran for his life.

1 Kings 19: When he came to Beersheba in Judah, he left his servant there, ⁴ 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."⁵ Then he lay down under the bush and fell asleep.

1 Kings 19: 8 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. **9** There he went into a cave and
spent the night.

Our instinct when we
experience trauma-
urgently seek the Lord.

1 Kings 19: And the word of the Lord came to him:
“What are you doing **here**, Elijah?”

1 Kings 19: 10 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.”

PTSD Defined-

disorder resulting from a
shocking, scary, or dangerous
event.

PTSD is prolonged
if you come back to an
isolated and alienated society.

Elijah wasn't a coward.
He thought he was alone.

Your struggle(s) originated
with a painful event.

Your struggle is prolonged
because you have not found a
community that shares your
pain.

1 Kings 19: 11 The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.”

13 Then a voice said to him, “What are you doing **here**, Elijah?”

1 Kings 19: 14 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.”

1 Kings 19: 15 The Lord said to him, “Go back the way you came...17 **Jehu** will put to death any who escape the sword of Hazael, and **Elisha** will put to death any who escape the sword of Jehu.

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

How did God help Elijah overcome
his spiritual PTSD?

How did God help Elijah overcome
his spiritual PTSD?

By reminding Elijah that He (God)
is always with him.

How did God help Elijah overcome
his spiritual PTSD?

By giving Elijah a community of
faith.

Hebrews 10: 23 Let us hold fast the confession of our hope without wavering, for he who promised is faithful. 24 And let us consider how to stir up one another to love and good works, 25 not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

How did God help Elijah overcome
his spiritual PTSD?

By giving Elijah individuals that
share his journey.

James 5: 14 Is anyone among you **sick**? Let them call the elders of the church to **pray over them** and anoint them with oil in the name of the Lord. 15 And the prayer offered in faith will make the sick person well; the Lord will raise them up.

James 5: If they have **sinned**, they will be forgiven.
16 Therefore **confess your sins to each other** and
pray for each other so that you may be healed.

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