

# Understanding The Elijah Life Cycle Of Ministry In Our Own Lives

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I must give credit here to Dr. Bob Hellmann of Huntsville, AL, whose teaching on how God met Elijah need's at the lowest point of his life was the seed that inspired this teaching of my own.

## Please read 1 Kings Chapters 18 and 19.

If you don't read these two chapters first, this teaching will not make much sense. The goals of this teaching are: 1) To help you identify with and understand the natural ebb and flow of ministry and Christian living, 2) To help you better deal with the seasons that a Christian will inevitably experience in life, and 3) To help you not be so down on yourself because EVERY BELIEVER GOES THROUGH THESE SEASONS and they are most NORMAL! Yes, you heard me right. In a round about way I just said that YOU ARE NORMAL! Good News: God loves ordinary people who are trying their best to please him and serve him! In order not to give up in life, YOU MUST UNDERSTAND THE ELIJAH LIFE CYCLE OF MINISTRY that happens to you if you are serious about serving God. You must understand the full range of emotions, feelings, and results that happen to every true servant of God during their pilgrimage. Understanding these five cycles will better help you locate where you are at any given period of time, and fill you with hope that things are going to change if you are in a down cycle, and equip you for future warfare if you are in an upward cycle.

Cycle: 1

Season: **R.evelation**

Spirit: Supernatural

Elijah Activity: Runs Ahead Of Chariot, Calls Down Fire, Slays 850 False Prophets.

Posture: Offensive

Time Of: Giving

Feelings Of: Glory

Burn Rate: Burn On

Cycle: 2

Season: **R.etaliation**

Spirit: Natural

Elijah Activity: One woman named Jezebel has got Elijah on the run - one surprise blindsides him.

Posture: Defensive

Time Of: Fighting

Feelings Of: Backlash

Burn Rate: Burn Up

Cycle: 3

Season: **R.eaching Your Lowest**

Spirit: Exhaustion

Elijah Activity: Self-Pity, Throwing In The Towel, Point of Quitting, What's The Use?

Posture: Apparent Failure

Time Of: Coming To The End Of Self

Feelings Of: Setback

Burn Rate: Burn Out

Cycle: 4

Season: **R.est**

Spirit: Neutral

Elijah Activity: Need Sleep, Good Food, Change Of Scenery, Need Tender Loving Care from the Lord.

Posture: Recovering

Time Of: Climbing Out Of My Hole

Feelings Of: Receiving

Burn Rate: Burning Barely

Cycle: 5

Season: **R.evival**

Spirit: Back into the Supernatural

Elijah Activity: Receiving A Fresh Word & Fresh Vision From God

Posture: Fresh Hope & New Help

Time Of: Soaring

Feelings Of: Comeback

Burn Rate: Burn Bright

Summary For Understanding The Elijah Life Cycle Of Ministry In Our Own Lives

Cycle	Season	Spirit	Elijah Activity	Posture	Time Of:	Feelings Of:	Burn Rate
1	<b>R.evelation</b>	Supernatural	Runs Ahead of Chariot, Calls Down Fire, Slays 850 False Prophets	Offensive	Giving	Glory	Burn On
2	<b>R.etaliation</b>	Natural	One Jezebel Has Elijah On The Run	Defensive	Fighting	Backlash	Burn Up
3	<b>R.eaching Your Lowest</b>	Exhaustion	Self-Pity, At The Point Of Quitting, What's The Use?, Why Not Throw In The Towel?	Failure	Coming To The End Of Self	Setback	Burn Out
4	<b>R.est</b>	Neutral	Need Sleep, Good Food, Change Of Scenery, and tender Loving Care from the Lord	Recovering	Climbing Out Of My Hole	Receiving	Burn Barely
5	<b>R.evival</b>	Back Into The Supernatural	Receiving A Fresh Word and Fresh Vision from the Lord	Fresh Hope & New Helpers	Soaring	Comeback	Burn Bright