



**3 Keys to Overcoming Fight Fatigue: The Ice Man Solution**  
1 Kings 19 (NKJV)

1. **STOP** – Pause.

**1 KINGS 19:5-7** <sup>5</sup> Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, “Arise and eat.” <sup>6</sup> Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. <sup>7</sup> And the angel of the LORD came back the second time, and touched him, and said, “Arise and eat, because the journey is too great for you.”

2. Take a **LOOK**.

**1 KINGS 19:8** <sup>8</sup> So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.

**2 KINGS 6:17** And Elisha prayed, “Open his eyes, LORD, so that he may see.”

**1 KINGS 19:18** Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him.”

3. **LISTEN** for the voice of God.

**1 KINGS 19:9** And there he went into a cave, and spent the night in that place; and behold, the word of the LORD came to him, and He said to him, “What are you doing here, Elijah?”

**1 KINGS 19:10** So he said, “I have been very zealous for the LORD God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.”

**1 KINGS 19:11** Then He said, “Go out, and stand on the mountain before the LORD.” And behold, the LORD passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces

*before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake;<sup>12</sup> and after the earthquake a fire, but the LORD was not in the fire; and after the fire<sup>[e]</sup> a still small voice.<sup>13</sup> So it was, when Elijah heard it, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice came to him...*