

Pandemic Fatigue & the Christian Life

**Lessons from Elijah
1 Kings 19: 3-18**



1 Kings 19:3–6 (NIV)

³ Elijah was afraid and ran for his life. 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.

All at once an angel touched him and said, "Get up and eat." ⁶ 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.



1 Kings 19:7–9 (NIV)

⁷ 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.” 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.

And the word of the LORD came to him: “What are you doing here, Elijah?”



1 Kings 19:10–12 (NIV)

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.”

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.”

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.

¹² After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.



1 Kings 19:13–14 (NIV)

¹³ 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?”

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 19:15–18 (NIV)

¹⁵ 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. ¹⁶ Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet.

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

PANDEMIC FATIGUE?



PANDEMIC FATIGUE?

STRESS

DEBTS

CAREER

FINANCE PROBLEMS

CHRONIC BILL

EXHAUSTED STRUGGLE

DIET

MONEY

WORKPLACE SAVING

PRESSURE

COPING PROBLEMS

DEADLINES

DIVORCE OVERLOADED

CONFUSION DAMAGE

FAILURE CAREER

HEAVY HEALTH

EFFORT CHAOS

MONEY DEBTS

WORRIED

COPING FRUSTRATION

BUSINESS

BILL CONFUSION

OVERLOADED





1. A decline in compliance with mask-wearing and social distancing
2. Having anxiety if you even briefly pass by someone who isn't wearing a mask
3. Feeling tired even after getting enough sleep
4. Lack of motivation or feeling like you don't have a sense of purpose
5. Snapping at loved ones
6. Feeling depressed and isolated

COVID'S IMPACT ON MENTAL HEALTH



of the global workforce says the pandemic has negatively affected their mental health.



say their mental health issues are causing sleep deprivation, poor physical health, reduced happiness at home, strained family relationships or isolation from friends.



of people would prefer to talk to a robot over their manager about stress and anxiety at work.



of workers believe their company should be doing more to protect the mental health of the workforce.



FATIGUED & ANXIOUS


(31%) **ANGER** (28%)





Pandemic Fatigue

Lessons from Elijah

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1. Rest (1 Kings 19: 3-6)
 2. Refresh (1 Kings 19: 7-9)
 3. Reveal (1 Kings 19:10-14)
 4. Receive (1 Kings 19:15-18)

1. Rest (1 Kings 19: 3-6)

³ Elijah was afraid and ran for his life. 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**.

All at once an angel touched him and said, "Get up and eat." ⁶ 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**.

1. Adequate sleep
2. Adequate rest
3. Adequate boundaries (Work from Home)

1. Rest (1 Kings 19: 3-6)



Work from Home

2. Refresh (1 Kings 19:7-9)

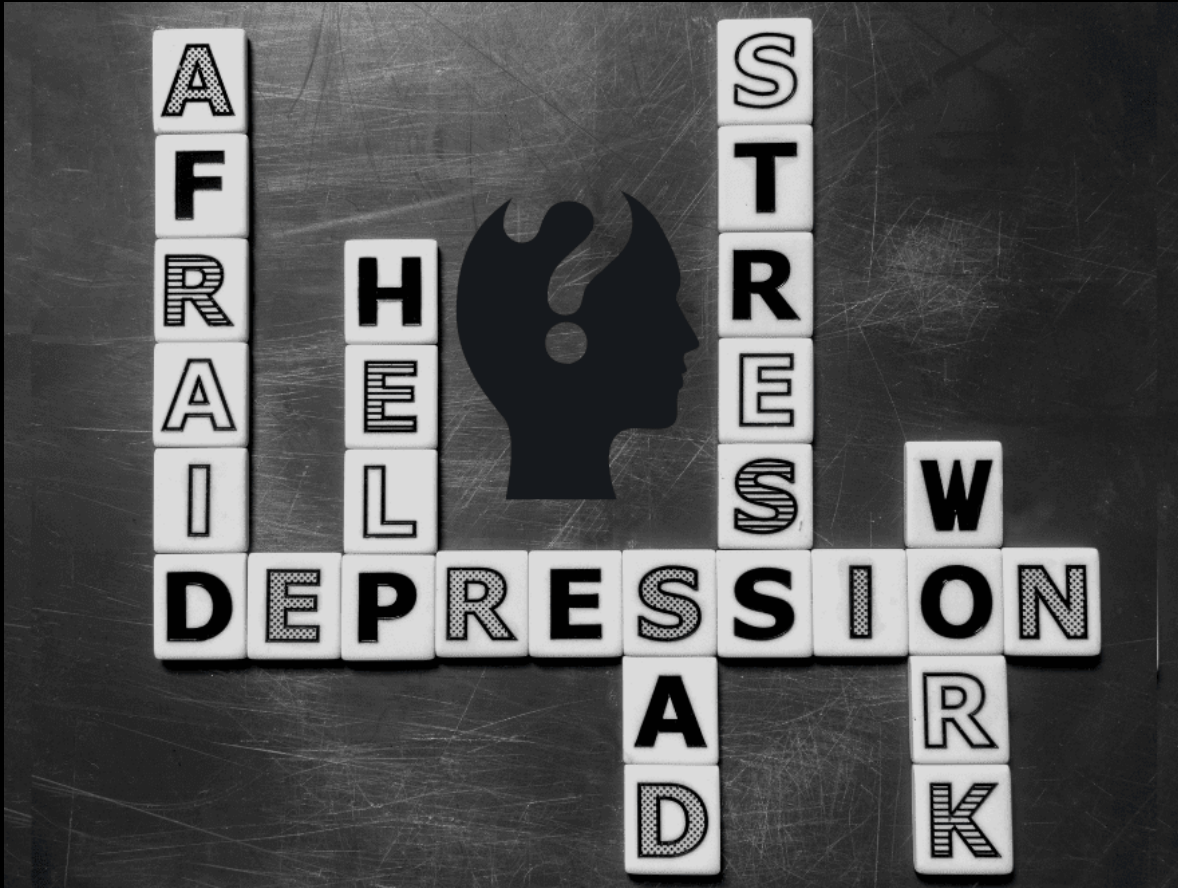
⁷ The angel of the LORD came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” ⁸ So he got up and **ate and drank**. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. ⁹ There he went into a cave and **spent the night**.

And the word of the LORD came to him: “What are you doing here, Elijah?”

1. Adequate food
2. Adequate exercise
3. Self-examination

2. Refresh (1 Kings 19:7-9)

“What are you doing here, Elijah?”



“What are you doing here, Elijah?”

1 Kings 19:10 (NIV)

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.”

1 Kings 19:14 (NIV)

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.”

What are [you]_____ doing here?



3. Reveals (1 Kings 19:10–14)

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.”

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.”

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¹² After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.

1. God is here with us
2. God is in control
3. God has a plan

4. Receive (1 Kings 19:15–18)

¹⁵ 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. ¹⁶ Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet.

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



**“All shall be well,
and all shall be
well and all
manner of thing
shall be well.”**

St. Julian of
Norwich

How to deal with Pandemic Fatigue?

- Rest
- Personal Choice
- Talk to a friend



How to deal with Pandemic Fatigue?

- Rest
- Personal Choice
- Talk to a friend
- Group Support



How to deal with Pandemic Fatigue?

- Rest
- Personal Choice
- Talk to a friend
- Group Support
- Discernment and prayer



How to deal with Pandemic Fatigue?

- Rest
- Personal Choice
- Talk to a friend
- Group Support
- Discernment and prayer
- Counseling



How to deal with Pandemic Fatigue?

- Rest
- Personal Choice
- Talk to a friend
- Group Support
- Discernment and prayer
- Counseling
- Medication





Pandemic Fatigue

Lessons from Elijah

1. Rest (1 Kings 19: 3-6)
2. Refresh (1 Kings 19: 7-9)
3. Reset (1 Kings 19:9-14)
4. Receive (1 Kings 19:15-18)

Eli = My God yah = Yah[weh]
Yahweh = My God is Yahweh

Suicides in the Bible

1. Abimelech (Judges 9:50-57)
2. Samson (Judges 16: 28-30)
3. Saul and his armour-bearer (1 Samuel 31: 1-6 ; 2 Sam. 1:1–15; 1 Chron. 10:1–13)
4. Ahithopel (2 Samuel 17:23)
5. Zimri (1 Kings 16:18-20)
6. Judas Iscariot (Matthew 27: 3-5 ; Acts 1:18–20)

Is Suicide the Unforgivable Sin?

Mark 3:23-30 (NIV)

²³ So Jesus called them over to him and began to speak to them in parables: “How can Satan drive out Satan? ²⁴ If a kingdom is divided against itself, that kingdom cannot stand. ²⁵ If a house is divided against itself, that house cannot stand. ²⁶ And if Satan opposes himself and is divided, he cannot stand; his end has come. ²⁷ In fact, no one can enter a strong man’s house without first tying him up. Then he can plunder the strong man’s house. ²⁸ Truly I tell you, people can be forgiven all their sins and every slander they utter, ²⁹ but whoever blasphemes against the Holy Spirit will never be forgiven; they are **guilty of an eternal sin.**”³⁰ He said this because they were saying, “He has an impure spirit.”

Mental health issues among Malaysian youth

In 2018, there are about **5.5 million** adolescents in Malaysia.

1 in 5 are **depressed**.



2 in 5 are **anxious**.



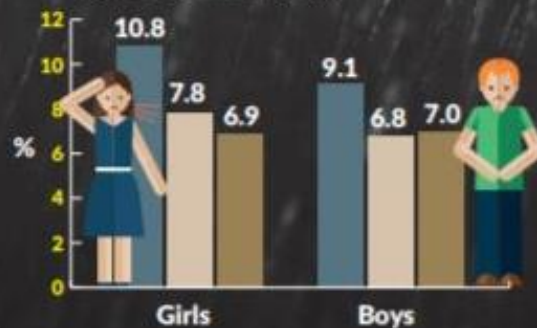
One in 10 are **stressed**.



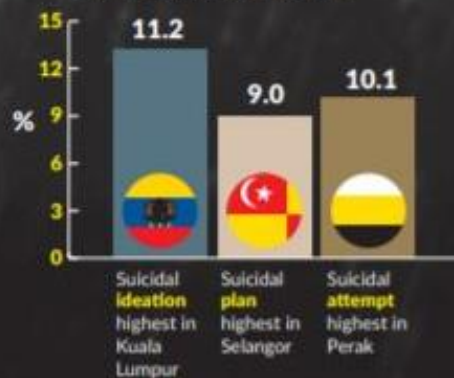
**Adolescent suicidal behaviour:
A growing problem**
Increase in suicidal behaviour
(ideation, plan and/or attempt) from 2012
to 2017



Girls more likely to consider suicide but boys more likely to attempt it.



Suicidal behaviour by state



Peer and family support

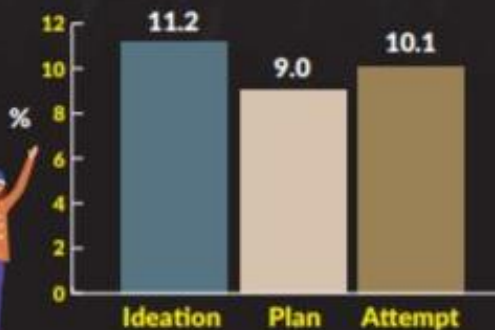
Less than half of adolescents perceived that their parents knew what they were doing in their free time.

1 in 3 adolescents perceived that their parents understood their problems.

Less than half of adolescents had peer support at school.



Suicidal ideation highest among Form One students



Christian and Suicide





NATIONAL ASSOCIATION OF
NACC
Malaysia
CHRISTIAN COUNSELLORS

Befrienders
Johor Bahru

Helpline (Call & Whatsapp): 07-3312300 (1pm - 12 midnight)
Email Help-address: sam@befriendersjb.org

We offer free emotional support to our callers through befriending

Lifeline Counseling Centre, FGC JB

I NEED TO TALK TO SOMEONE

I AM HERE,
I AM LISTENING.

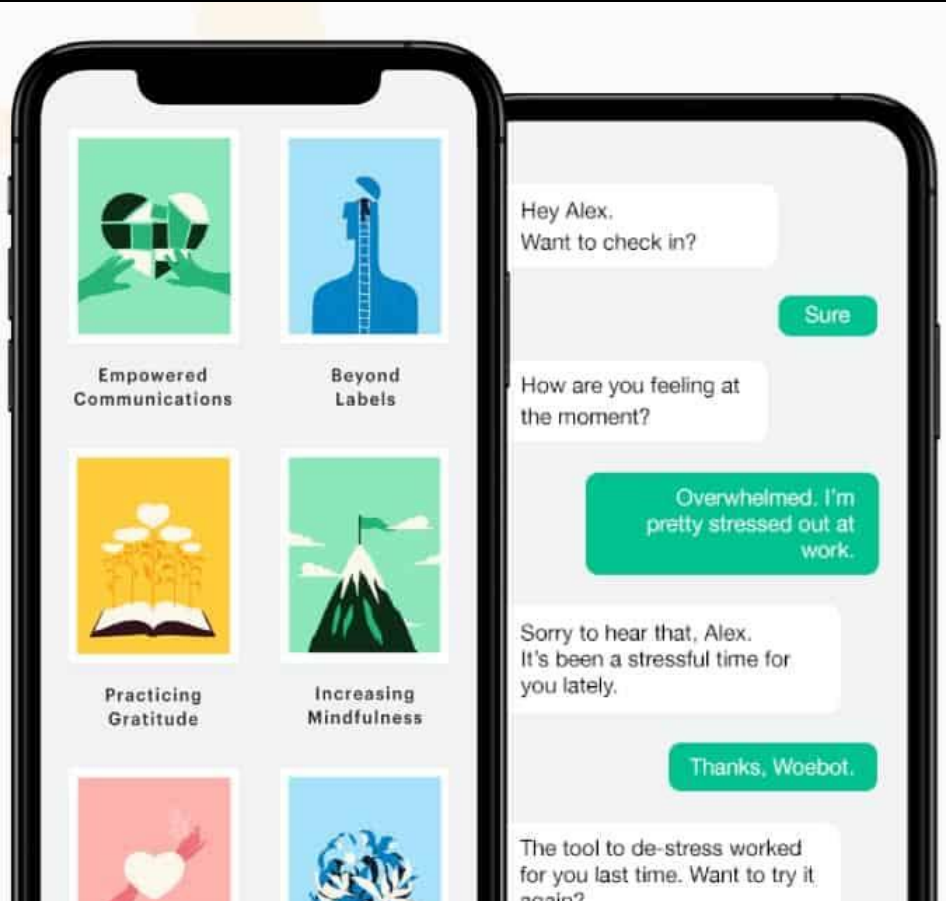
我需要与人说话


你说说看, 我听。
我在这里。

+60 11-1088 9804

Artificial Intelligence (AI) Chatbot App

- Woebot
- Moodkit
- Moodnotes
- Pacifica
- Wysa
- Joy App



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