

- **Why Failure Lingers**

- **1 Kings 19:1-9 (NIV)**

- Elijah Flees to Horeb***

- 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."*

- 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, lay 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.*

- 7 The angel of the LORD came back a second time and touch 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.*

- *Emotions, failure, human condition, human limitations, psychology, regret*

- **What is your unfinished business?**

- Failures take on a life of their own because the brain remembers incomplete tasks or failures longer than any success or completed activity. It's technically referred to as the *Zeigarnik effect*. When a project or a thought is completed, the brain places it in a special memory. The brain no longer gives the project priority or active working status, and bits and pieces of the achieved situation begin to decay.

- ✓ But failures have no closure. The brain continues to spin the memory, trying to come up with a way to fix the mess and move it from active to inactive status.
 - ❖ *Perry Buffington, licensed psychologist, author, columnist; "Forgive or Forget," Universal Press Syndicate (August 29, 1999).*