

¹ When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. ² So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them."

³ Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. ⁴ Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died."

⁵ Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" ⁶ He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

⁷ Then the angel of the LORD came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you."

⁸ So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. ⁹ There he came to a cave, where he spent the night.

But the LORD said to him, "What are you doing here, Elijah?"

¹⁰ Elijah replied, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."

¹¹ "Go out and stand before me on the mountain," the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. ¹² And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper. ¹³ When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

And a voice said, "What are you doing here, Elijah?"

¹⁴ He replied again, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."

¹⁵ Then the LORD told him, "Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. ¹⁶ Then anoint Jehu grandson of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of

Abel-meholah to replace you as my prophet. ¹⁷ Anyone who escapes from Hazael will be killed by Jehu, and those who escape Jehu will be killed by Elisha! ¹⁸ Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!"

— 1 Kings 19:1-18

Discussion/Journal Questions

Share about a time in your life when God or someone else comforted you during a hard time.

Have two or three people read 1 Kings 19:1-18 out loud slowly. After some time of reflection, ask each other what words, phrases, or ideas stand out to everyone. What questions come to mind as you meditate on this scripture?

In the sermon, John mentions four ways you get depressed: wear yourself out, shut people out, focus on the negative, and forget God. Which of these four do you find yourself struggling with?

Read 1 Kings 19:5-7. What stands out to you about how God responds to Elijah's weakness? Do you expect God to respond to your weakness in the same way? Why or why not?

In 1 Kings 19:10, what lie is Elijah believing? How is this one lie affecting him?

What lies do you find yourself tempted to believe?

Why is it significant that God spoke to Elijah in a whisper? How might God's whisper change our prayer lives?

Rather than shutting people out, what challenges do you need to invite God and others into? How can your group pray for you?