

# Rest, Reset, & Renewal

1 Kings 19:4-21



## **What does the Bible teach?**

The Lord provided Elijah with rest. (v. 4-9)

The Lord reset Elijah's perspective. (v. 10-18)

The Lord renewed Elijah's spirit. (v. 19-21)

## **How should I respond?**

Go on a personal spiritual retreat.

Start looking at life through Jesus's victorious perspective.

Be renewed by Jesus's presence in your life.

Be renewed by the truth of Jesus's love for you.

Be renewed by the presence and encouragement of other believers.

# From Despair To Hope

## The Story of Elijah



# Rest, Reset and Renewal

## Group Discussion

### 1. What does the passage say?

What is the writer ultimately trying to communicate to his readers? What issue is the writer addressing?

### 2. What did this passage mean to its original audience?

How would a 1st Century Christ-follower receive this message?

### 3. What does this passage tell us about God?

Explain what you understand about God from the text. Is that a new idea or truth for you?

### 4. What does this passage tell us about man?

In your own words share what this passage encourages us to do to follow Jesus more fully and faithfully?

### 5. What does this passage demand of me?

Personally speaking, what areas of living in relationship with Jesus do you need to address?

How should you live in light of what this passage says?

### 6. How does this passage change the way I relate to people?

What does this passage communicate about the need for grace and humility in community with others? Whom should I invite to seek Jesus?

### 7. What does this passage prompt me to pray to God?

Are you in need of forgiveness or repentance?

Do you need to intercede for others?

Do you need an "extra measure" of faith to follow Jesus or engage the community and world?

## 1 Kings 19:9-21

9 He entered a cave there and spent the night. Suddenly, the word of the Lord came to him, and he said to him, "What are you doing here, Elijah?"

10 He replied, "I have been very zealous for the Lord God of Armies, but the Israelites have abandoned your covenant, torn down your altars, and killed your prophets with the sword. I alone am left, and they are looking for me to take my life."

11 Then he said, "Go out and stand on the mountain in the Lord's presence."

At that moment, the Lord passed by. A great and mighty wind was tearing at the mountains and was shattering cliffs 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 there was a fire, but the Lord was not in the fire. And after the fire there was a voice, a soft whisper. 13 When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Suddenly, a voice came to him and said, "What are you doing here, Elijah?"

14 "I have been very zealous for the Lord God of Armies," he replied, "but the Israelites have abandoned your covenant, torn down your altars, and killed your prophets with the sword. I alone am left, and they're looking for me to take my life."

15 Then the Lord said to him, "Go and return by the way you came to the Wilderness of Damascus. When you arrive, you are to anoint Hazael as king over Aram. 16 You are to anoint Jehu son of Nimshi as king over Israel and Elisha son of Shaphat from Abel-meholah as prophet in your place. 17 Then Jehu will put to death whoever escapes the sword of Hazael, and Elisha will put to death whoever escapes the sword of Jehu. 18 But I will leave seven thousand in Israel—every knee that has not bowed to Baal and every mouth that has not kissed him."

19 Elijah left there and found Elisha son of Shaphat as he was plowing. Twelve teams of oxen were in front of him, and he was with the twelfth team. Elijah walked by him and threw his mantle over him. 20 Elisha left the oxen, ran to follow Elijah, and said, "Please let me kiss my father and mother, and then I will follow you." "Go on back," he replied, "for what have I done to you?"

21 So he turned back from following him, took the team of oxen, and slaughtered[b] them. With the oxen's wooden yoke and plow, he cooked the meat and gave it to the people, and they ate. Then he left, followed Elisha, and served him.