

STORIES OF ISOLATION (ELIJAH)

1 Kings 19:1-18

The people of God have often faced times of loneliness and discouragement. We can learn from these Biblical examples. Elijah was one of the greatest prophets, but he experienced his own time of isolation. We can learn some valuable lessons from Elijah's isolation story.

I. YOU WILL BE CHALLENGED (1 KINGS 19:1-4, 10,14)

1. Fear – I'm never going to get out of this. I am not strong enough. (Verses 1-3)

- i. "Elijah failed in the very point at which he was strongest, and that is where most men fail. In Scripture, it is the wisest man who proves himself to be the greatest fool; just as the meekest man, Moses, spoke hasty and bitter words. Abraham failed in his faith, and Job in his patience; so, he who was the most courageous of all men, fled from an angry woman." (Spurgeon)
- ii. [Deuteronomy 7:17-18 \(NKJV\)](#)¹⁷ *"If you should say in your heart, 'These nations are greater than I; how can I dispossess them?'—¹⁸ you shall not be afraid of them, but you shall remember well what the Lord your God did to Pharaoh and to all Egypt:*

iii. 1 John 4:4 (NKJV) ⁴ *You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.*

2. Depression – I'm not really that important. It would be better to die. (Verse 4)

- i. Judges 6:11–12 (NKJV) ¹¹ *...Gideon threshed wheat in the winepress, in order to hide it from the Midianites. ¹² And the Angel of the Lord appeared to him, and said to him, "The Lord is with you, you mighty man of valor!"*
- ii. Acts 4:13 (ESV) ¹³ *Now when they saw the boldness of Peter and John, and perceived that they were uneducated, common men, they were astonished. And they recognized that they had been with Jesus.*
- iii. Psalms 42:11 (NKJV) ¹¹ *Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.*
- iv. "Don't dig up with doubt what you planted in FAITH"
-Elisabeth Elliot

3. Loneliness – There is no one who feels like I do. I'm all alone. (Verses 10 & 14)

- i. "The loneliest moment in someone's life is when they are watching their whole world fall apart, and all they can do is stare blankly." — F. Scott Fitzgerald

II. GOD WILL PROVIDE FOR YOU (1 KINGS 19:5-8)

1. Even in our despair, God always provides for his people

- i. *Philippians 4:19 (NKJV)* ¹⁹ *And my God shall supply all your need according to His riches in glory by Christ Jesus.*
- ii. *Matthew 6:31–33 (NKJV)* ³¹ *“Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’* ³² *For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.* ³³ *But seek first the kingdom of God and His righteousness, and all these things shall be added to you.*

2. He knows exactly what you need for the journey ahead (Verses 7-8)

- i. *Exodus 16:4 (NKJV)* ⁴ *Then the Lord said to Moses, “Behold, I will rain bread from heaven for you. And the people shall go out and gather a certain quota every day, that I may test them, whether they will walk in My law or not.*
- ii. *Matthew 6:11 (NKJV)* ¹¹ *Give us this day our daily bread.*

III. GOD WILL SPEAK TO YOU (1 KINGS 19:9-14)

1. God will speak to you no matter where you are or what you have done. This is because he speaks through Jesus. (Verse 9)

i. Hebrews 1:1–2 (NKJV) ¹ God, who at various times and in various ways spoke in time past to the fathers by the prophets, ² has in these last days spoken to us by His Son, whom He has appointed heir of all things, through whom also He made the worlds;

2. **We need a personal relationship with God listening to His quiet voice in our hearts, which is much more powerful than mighty miracles. (Verses 11-12)**

IV. YOU HAVE A JOB TO DO (1 KINGS 19:15-17)

1. **Focus on the task at hand rather than your problems.**

i. Ephesians 2:10 (NKJV) ¹⁰ For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

ii. “Then the Lord did what perhaps was best of all for Elijah, *he gave him some more work to do*. He sent him off about his Master’s business again; and I warrant you that, when Elijah went back over that road, it was with a very different step from that which brought him down to Beersheba. He had come along terrified and distressed; but now he goes back with the majesty that belongs to the Tishbite, he is afraid of no Jezebel now.” (Spurgeon)

V. YOU ARE NOT ALONE (1 KINGS 19:18)

1. **Get an Elisha (Verse 16)**

- i. *Ecclesiastes 4:9–10 (NKJV)*⁹ *Two are better than one, Because they have a good reward for their labor.¹⁰ For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up.*
- ii. *Galatians 6:2 (NKJV)*² *Bear one another's burdens, and so fulfill the law of Christ.*

2. Remember that we are all with you. (Verse 18)

- i. *Hebrews 12:1–2 (NKJV)*¹ *Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,² looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.*



Discussion Questions – Week 0

“Sermon Title”

Verse reference

1. Talk about each of the enemies in isolation: Fear, Depression, & Loneliness. Which is the most difficult and why?

2. What are some practical ways we can fight against fear, depression, and loneliness during isolation?

3. God will provide for you. What are some ways that God does this, and how can we be part of the process of provision?

4. When God spoke in a still small voice it had a greater affect than the other more “powerful” displays. Why do you think we as Christians are always looking for bigger and better, and neglect the still stall voice? What does the still small voice mean to you?

5. We have a job to do. What are some practical things we can be doing for God even during isolation? What has God put on your heart to do now?
