

Elijah- What to Do in the Valley?

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."

1 Kings 19:1-2

3 Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there.

1 Kings 19:3

The enemy wants to...

Distract you from the heart of God

Detour you from God's will in your life

Detach us from God and Godly community so that. He can...

Destroy you from receiving the promises of God

10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

John 10:10

Many times, we are most vulnerable after our highest highs.

The most common time on the slope for injuries to occur is at the end of the night. And it's when skiers and snowboarders have **let their guard down**.

This is another downfall to comfort, and we shouldn't seek comfort and worship the idol of comfort, because it leads us to the **doorstep of destruction**.

Embracing comfort invites pathways for the enemy into our lives.

- 2021 was the first time in polling history that society here in America has identified as more unhappy than happy
- We have more medicine and therapists than ever. We have more resources to combat mental health than ever before
- Anxiety and depression are higher than ever.
- Suicides and substance abuse are increasing

1. We must attach ourselves more deeply daily to the goodness of God.

When we have fear, when we look to the future and think we are in control.

When we have faith, when we look to the future and understand God is in control.

When we look at our circumstances rather than at the promises of God, fear will overtake our lives.

Remembering the promises of God leads us to new promises of God.

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."*

1 Kings 19:3-4

We were never meant to do life or walk in faith alone.

Our salvation is equally communal as it is personal.

2. Community is an integral part of our salvation, our walk with Jesus.

By choosing not to do community, you are, in effect, choosing not to follow Jesus.

3. Our value and worth must constantly be sourced by the giver of life.

When our mind wanders from the heart of God, it wanders into unpleasant, unfruitful, and untrue spaces. And we then make these untrue thoughts a reality.

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."

Romans 12:2

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.

1 Kings 19:5-9

5. Healthy rhythms produce healthy lives.

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?"

1 King 19:10-13

5. Don't discount the whispers in your life.

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.

1 Kings 19:14-16

6. Don't lose sight of your purpose.