

HIGHS AND LOWS

June 23, 2019

I. THE STORY OF ELIJAH

1 Kings 19:1 Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword.

1 Kings 19:2 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.”

1 Kings 19:3 Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there,

1. Our lowest lows often follow our highest highs.

2. Fear is a powerful motivator.

3. It is human nature to choose to be alone when we feel alone.

1 Kings 19:4 while he himself went a day's journey into the wilderness. He came to a broom bush, sat 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.”

4. When we lose sight of hope, we become hopeless. When life doesn't make sense, we may not see the sense in living.

1 Kings 19:5 Then he lay down under the bush and fell asleep.

1 Kings 19:5-6 All at once an angel touched him and said, “Get up and eat.” 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.

1 Kings 19:7-9 The angel of the Lord came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” 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. There he went into a cave and spent the night.

1 Kings 19:9 And the word of the Lord came to him: “What are you doing here, Elijah?”

1 Kings 19:10 He replied, “I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”

1 Kings 19:11 The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.”

1 Kings 19:11-12 Then a great and powerful wind tore the mountains apart and shattered the rocks 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. After the earthquake came a fire, but the Lord was not in the fire.

1 Kings 19:12-13 And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

1 Kings 19:13 Then a Voice said to him, “What are you doing here, Elijah?”

1 Kings 19:14 He replied, “I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”

1 Kings 19:15-18 The Lord said to him, “Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him.”

II. FOUR OBSERVATIONS FROM ELIJAH’S HIGHS AND LOWS

1. Life, for all of us, comes with highs and lows.

Matthew 5:45 that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.

2. God is with you in your weakest moments.

Deuteronomy 31:8 The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

Hebrews 6:19 We have this hope as an anchor for the soul, firm and secure.

3. God will use you in your brokenness.

2 Corinthians 12:9-10 But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

4. You are not alone.

Hebrews 12:18 You have not come to a mountain that can be touched and that is burning with fire; to darkness, gloom and storm;

Hebrews 12:24 to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

III. COMMUNION

1 Corinthians 11:27-29 So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. Everyone ought to examine themselves before they eat of the bread and drink from the cup. For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves.

1 Corinthians 11:23-24 For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me."

1 Corinthians 11:25-26 In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.