

# Peace: When Life Breaks You

## A 5-Day Devotional Guide

It is ok not to be ok, and God meets us right there.

### Day 1 — God Meets Us in Exhaustion

#### Scripture

"He came to a broom bush, sat down under it and prayed that he might die. 'I have had enough, LORD,' he said." — 1 Kings 19:4

#### Thought for the Day

Elijah is one of the great heroes of faith, yet in 1 Kings 19 we meet him not on a high, but at his lowest point. He is exhausted, afraid, and overwhelmed. That matters, because it reminds us that deep struggle is not proof that faith has failed. Sometimes the most faithful people still find themselves at the end of themselves.

The beautiful thing in this story is that God does not shame Elijah. He does not lecture him, rush him, or turn away from him. God meets him right there in the middle of his collapse. If you feel worn down, numb, anxious, or like you cannot keep carrying what you have been carrying, this story gives you permission to be honest. God is not repelled by your weakness. He comes close to you in it.

#### Reflection

- Where do you most relate to Elijah right now — exhaustion, fear, sadness, numbness, or overwhelm?
- Have you ever felt pressure to look fine on the outside when inwardly you were not ok?
- What would honesty with God sound like for you today?

#### Prayer

God, thank you that you do not turn away from me when I am struggling. Thank you that I do not have to hide my weakness from you. Help me to be honest about where I am, and remind me that your presence is not reserved for my strongest moments. Meet me today with your kindness and peace. Amen.

## Day 2 — God Cares for the Exhausted

### Scripture

"All at once an angel touched him and said, 'Get up and eat.'" — 1 Kings 19:5

### Thought for the Day

God's first response to Elijah is deeply tender. He lets him sleep. He feeds him. He gives him what he needs for the next step. Before God speaks direction, he offers care. Before challenge, he offers compassion.

That is important for us to hear. We often assume God's first word to us in struggle will be disappointment. But with Elijah it is care. The Lord knows the journey is too much for him, and he responds gently. Sometimes the most spiritual thing you can do is receive the care of God in very ordinary ways — rest, food, honesty, support, and help from others.

### Reflection

- Which is harder for you right now — giving care or receiving it?
- What ordinary kinds of care might God be inviting you to accept today?
- Is there someone safe you need to talk to about how you are really doing?

### Prayer

Lord, thank you for your gentle care. Forgive me for the times I have believed I had to push through on my own. Help me to receive what you provide, whether that comes through rest, wise support, a friend, a doctor, or a simple moment of quiet. Teach me that your care is not weakness, but grace. Amen.

## Day 3 — God Is in the Silence

### Scripture

"After the fire came a gentle whisper." — 1 Kings 19:12

### Thought for the Day

Elijah goes to the mountain looking for God in the dramatic. Wind, earthquake, fire — all the kinds of things that feel powerful and unmistakable. But God is not found in the spectacle. He comes in the gentle whisper, in the sheer silence, in a presence that does not overwhelm but meets Elijah exactly as he needs.

Many of us want God to break in loudly and fix everything quickly. Yet often God meets us more quietly than we expect. Not always in the rush of emotion or the visible breakthrough, but in stillness, in presence, in the strange mercy of knowing we are not alone. You do not always

need to hear something dramatic from God to be held by him. Sometimes you can simply be still and know that he is with you.

## Reflection

- Do you tend to look for God more in the dramatic than in the quiet?
- What makes silence uncomfortable for you?
- How could you make space today to be still before God without trying to force an experience?

## Prayer

God, slow my heart down. Quiet the noise within me and around me. Teach me not to chase only what is dramatic, but to notice your presence in stillness and silence. When I do not know what to say, hold me in your peace. Help me to trust that you are near, even when everything feels quiet. Amen.

## Day 4 — You Do Not Carry It All

### Scripture

"Yet I reserve seven thousand in Israel — all whose knees have not bowed down to Baal." — 1 Kings 19:18

### Thought for the Day

Elijah feels alone. He believes everything rests on his shoulders, and that if he falls, everything falls apart. But God gently corrects him. Elijah is not the only one. God is still at work in ways Elijah cannot see.

That is freeing for us too. We can live as though everything depends on us — our family, our work, our ministry, our ability to hold it all together. But the world does not rest on our shoulders. Ultimately, it rested on Jesus' shoulders, not ours. God invites us to lay down the burden of being the saviour of everything and everyone. Faithfulness matters, but we are not carrying the whole world.

## Reflection

- Where have you been living as though everything depends on you?
- What burden do you need to hand back to God?
- How would your week feel different if you remembered that God is already at work beyond what you can see?

## Prayer

Father, I confess that I often carry more than you ever asked me to carry. I hold tight to pressure, responsibility, and fear as though everything depends on me. Help me to trust that you are God and I am not. Teach me to lay down what is not mine to hold, and to rest in the knowledge that you are at work even when I cannot see it. Amen.

## Day 5 — One Honest Step

### Scripture

"Cast all your anxiety on him because he cares for you." — 1 Peter 5:7

### Thought for the Day

The invitation from this message is simple and practical: it is ok not to be ok, but it is not ok to stay there alone. Elijah's story encourages honesty, not pretending. One honest step can become the beginning of healing.

Maybe for you that step is naming what is going on. Maybe it is telling someone safe the truth about how you are. Maybe it is praying a very simple prayer: "God, I need help." Maybe it is booking an appointment with your GP, speaking to a counsellor, or asking for support. None of that is a lack of faith. It can be an act of faith. God often meets us not only in prayer, but also through people, wisdom, and help.

### Reflection

- What is the one honest step you need to take this week?
- Who is a safe person you could talk to?
- If you have been trying to carry things alone, what would it look like to let someone in?

## Prayer

Jesus, thank you that I do not have to pretend with you. Give me courage to take one honest step this week. Help me to name what is true, to invite someone safe in, and to receive the help I need. Meet me in that step with your peace, your presence, and your grace. Amen.

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