

Called In
Called to Self-Care

1 Kings 19:1-8a NIV

Now (King) Ahab told (Queen) Jezebel everything Elijah had done and how he had killed all the prophets (of Baal) with the sword. 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." Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness.

- 1 Kings 19:1-8a

4b 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." Then he lay down under the bush and fell asleep. 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 19:1-8a

7 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.

- 1 Kings 19:1-8a

God calls us into self-care so that our relationship with him is more real, so we can experience him in a richer way.

We can be strong through a crisis,
but when it is over we fall apart,
all of our resources depleted.

Naps and snacks are the recommended treatment.

We seem to think that it is more holy
to pretend that we are not actually
humans with physical bodies
that have real physical needs.

HALT

HALT

Hungry, Angry, Lonely, or Tired

H - Hunger

Hunger is a very basic human need

A - Anger

Anger is a normal and healthy emotion

A-Anger

Anger is a normal and healthy emotion

...but what is the root of our anger?

L - Loneliness

Loneliness is possible to feel when you are alone or when you are in a crowd, or with your family.

T - Tired

It is easy to ignore how tired
we actually are.

Elijah is not able to experience
the presence of God until he has
slept and eaten.

1 Kings 19:8b-15, 18 NIV

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. And the word of the Lord came to him: "What are you doing here, Elijah?"

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 19:8b-15,18

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.” 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. And after the fire came a gentle whisper.

- 1 Kings 19:8b-15,18

¹³ *When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, “What are you doing here, Elijah?” 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 19:8b-15,18

15 The Lord said to him, “Go back the way you came, and go to the Desert of Damascus. ...anoint Elisha... to succeed you as prophet.

18 Yet I reserve seven thousand in Israel— all whose knees have not bowed down to Baal and whose mouths have not kissed him.”

- 1 Kings 19:8b-15,18

“I have been very zealous (the Message version says, I have worked my heart out) 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 19:10

God in the silence

Response Prayer

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God— this is your true and proper worship.

- Romans 12:1

In Jesus, God took on human form