

# Elijah's Exhaustion

## Read 1 Kings 19:1-5

After the action, the drama, the confrontation, the marathon run – into Elijah's life come life threats, exhaustion and depression.

**Sit** with Elijah for a bit. How does this feel? Can you remember times when excitement and elation disappeared, and doubt and fear sent you down to rock-bottom?

**Read on** – 1 Kings 19:6-9a – and **see** how God angel provides the sustenance that Elijah needs for that time. **Listen** as Elijah tells God how tough it is.

**Listen** to the angel's practical encouragement.

**Watch** Elijah as the sleep and food revive him.

Then **walk alongside** him as he walks that long, lonely road, still overwhelmed, fearful and lonely, away from Carmel and Jezreel, right down south to Horeb, to the mountain of God.

**Picture** your family, friends, colleagues and church family.

Who needs a break?

Who might need that sort of sustenance, that sort of encouragement, right now? Maybe you?

Maybe plan to help someone take the rest they need?

Who is there to listen as people under stress speak out their pain?

Who is there with words of encouragement for weary souls?

If there's no obvious solution right now, maybe pray for them, for strength from God in the midst of their stress?

**Take time** to be with God.

**Bring** the challenges of the hardest things you face.

**Tell** it like it is. God is ready to hear you.

**Be open** to how God will respond. Write or draw what you notice.