

# Running, Rest, and Recovery

*1 Kings 19:1-8*

<sup>1</sup> And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. <sup>2</sup> Then Jezebel sent a messenger to Elijah, saying, “So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time.” <sup>3</sup> And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there.

<sup>4</sup> But he himself went a day’s journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, “It is enough! Now, LORD, take my life, for I am no better than my fathers!”

<sup>5</sup> Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, “Arise and eat.” <sup>6</sup> Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. <sup>7</sup> And the angel of the LORD came back the second time, and touched him, and said, “Arise and eat, because the journey is too great for you.” <sup>8</sup> So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.

—1 Kings 19:1–8

## Read 1 Kings 19:1–8

What we call spiritual warfare often follows a great work of God. This warfare comes in many forms including: depression, discouragement, a physical setback, or a threat. These attacks can be devastating! Though there are real physical factors involved, according to Ephesians 6:11–12, the source behind the physical is spiritual.

*Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.*

**FOOD  
FOR THOUGHT**

Beersheba was at the very border of Israel's territory with Judah, about 100 miles from Mount Carmel.

**FOOD  
FOR THOUGHT**

The broom tree (Juniper tree) is a bush with many branches, twigs, and small clusters of flowers; it can reach up to ten feet tall and provide adequate shade.

Even after the great demonstration of victory against the demonic prophets of Baal and the spectacular answer to prayer in the rainstorm, the prophet Elijah fell prey to the attack of the enemy.

None of us are immune to spiritual warfare. It will assault all of us in unexpected times and in unexpected ways to rob us of our victory in Christ. However, even when we panic or lose heart, God is still with us, for us, and ready to restore and strengthen us. Through Christ, we have received all the armament necessary to stand and withstand these attacks from the devil.

As you pore over 1 Kings 19:1–8, think about your own past times of discouragement and recognize the spiritual forces at work.

1. Use 1 Kings 19:1–3 to record:

- a. What Jezebel heard
- b. What Jezebel did
- c. Elijah's reaction

1) Share a way in which you can sympathize with Elijah.

2. According to 1 Kings 19:4:

- a. Where did Elijah go?

- b. What did Elijah do?
- c. What did Elijah pray?
  - 1) What does Elijah's prayer convey to you about him?
  - 2) What lessons do you glean about prayer from Elijah's prayer?
- 3. Use 1 Kings 19:5–7 to observe and comment on how God ministered to Elijah:
  - a. Verse 5
  - b. Verse 6
  - c. Verse 7
- 4. From 1 Kings 19:8 what do you note about:
  - a. Elijah
  - b. His strength

**FOOD  
FOR THOUGHT**

God's people are not exempt from discouragement and depression.

*Anxiety in the heart of man causes depression, but a good word makes it glad.*

—Proverbs 12:25

See also Psalm 6.

**FOOD  
FOR THOUGHT**

Jezebel had successfully eliminated many of the Lord's prophets (1 Kings 18:4, 13), so this was no empty threat.

**FOOD  
FOR THOUGHT**

*Elijah was a man with a nature like ours (James 5:17). He was a man who so bravely challenged the prophets of Baal, but is now running from a woman. Sometimes we expect the people God anoints and uses to be superhuman. But seeing how very human Elijah was reminds us that God can use us too.<sup>10</sup>*

—Chuck Smith

- c. The journey
  - d. The destination
5. Share any insights you have concerning:
    - a. Threats
    - b. Spiritual warfare
    - c. God's compassion
  6. What is your greatest takeaway from 1 Kings 19:1–8?

**FOOD  
FOR THOUGHT**

The journey to Mount Horeb would have been roughly 200–250 miles over rugged terrain, a journey which took Elijah 40 days to travel. Forty is a significant number in the Bible: The rain fell for 40 days (Genesis 7:4); the children of Israel wandered in the wilderness for 40 years (Deut. 2:7; Deut. 8:2); Moses sojourned on Mount Horeb for 40 days (Deut. 9:9); and Jesus was 40 days in the wilderness (Mark 1:12–13).