

Elijah stepped forward and prayed: “Lord, the God of Abraham, Isaac and Israel, let it be known today that you are God in Israel and that I am your servant and have done all these things at your command. Answer me, Lord, answer me, so these people will know that you, Lord, are God, and that you are turning their hearts back again.” Then the fire of the Lord fell and burned up the sacrifice... 1 Kings 18:36-38 (NIV)

And when all the people saw it, they fell face down on the ground and cried out, “The Lord—he is God! Yes, the Lord is God!” 1 Kings 18:39 (NLT)

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. 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. Then 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. And the word of the Lord came to him: “What are you doing here, Elijah?” 1 Kings 19:3-9 (NIV)

What are you doing here, Elijah? 1 Kings 19:9 (NIV)

1. OUR PHYSICAL HEALTH AFFECTS OUR REACTIONS.

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

**“Sometimes the most spiritual thing you can do is take a nap.”
(John Ortberg)**

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I cannot carry all these people by myself; the burden is too heavy for me. If this is how you are going to treat me, please go ahead and kill me. Numbers 11:14-15 (NIV)

“Why did I not perish at birth... for now I would be lying down in peace.” Job 3:11-13 (NIV)

“Our patterns of work and rest reveal what we believe to be true about God and ourselves. God alone requires no limits on his activity. To rest is to acknowledge that we humans are limited by design. We are created for rest just as surely as we are created for labor. And an inability or unwillingness to cease from our labors is a confession of unbelief, An admission that we view ourselves as creator and sustainer or our own universe.” (Jen Wilkin, Ten Words to Live By)

2. OUR EMOTIONAL HEALTH AFFECTS OUR REACTIONS.

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. He came to a broom bush, sat down under it and prayed that he might die. 1 Kings 19:3-4 (NIV)

“The only way to know God intimately is to know others who know Him intimately. The more of God’s people you are involved with, the more of God you will see.” (CS Lewis)

“Everybody ain’t loved everybody well. We’ve all experienced and doled out our share of pain in this life. And it stays with us - for much longer than we want it to. Which makes us go about life guarding ourselves from further pain. And I wonder if way beneath our doubt, way at the bottom of it, that God isn’t safe either? That He is just like the father that left us, the mother who forgot to nurture us, The friend who didn’t listen to us, and the people in positions of power that abused us. So when God reveals Himself as our heavenly Father, our faithful friend, and our Lord... We don’t relinquish control of our lives because we mistakenly project on God the nature of those who have hurt us. We make the mistake of seeing Heaven through the lens of earth.” (JHP)

He came to a broom bush, sat down under it and prayed that he might die. 1 Kings 19:4 (NIV)

3. OUR SPIRITUAL HEALTH AFFECTS OUR REACTIONS.

Master, Master, we’re going to drown. Luke 8:24 (NIV)

Teacher, don’t you care if we drown? Mark 4:38 (NIV)

“Feelings can be great liars.” (CS Lewis)

... got up and rebuked the wind and the raging waters; The storm subsided, and all was calm. “Where is your faith?” he asked his disciples. Luke 8:24-25 (NIV)