

Day 6

Today's Scripture reading: 1 Kings 19:3-7 NLT

"Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. 4 Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors who have already died."

5 Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" 6 He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

7 Then the angel of the Lord came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you."

Backstory:

Elijah was a prophet, which means he spoke on God's behalf. In our passage, we see that Elijah is discouraged. He is discouraged even though God performed a couple miracles by his hand just prior to when our story picks up (1 Kings 18). But despite these spiritual victories, Elijah ran from the wife of the King of Israel, scared for his life.

Here was Elijah, dejected and afraid, wishing to die because he was overwhelmed. But what did the messenger of God tell Elijah? Twice, he told Elijah to get up and eat! This command sheds light on what was really going on with Elijah – he was discouraged and he was depleted.

Think about it:

A friend of mine has struggled for the past couple of years with a health condition. She went to doctors and specialists, but they couldn't pinpoint the cause of her symptoms. Finally, a doctor discovered that there wasn't one issue,

but multiple issues. It turns out one allergy, plus another food intolerance, plus a hormonal imbalance all led to her ailment. One of those issues alone would be problematic, but all them together was wearing her down. The doctor determined that if each separate issue is remedied, her health should improve.

When we face crisis, our lives are altered. We may experience fear and doubt, and we likely need to work through grief over time. The crisis itself is an issue for us. So, in the middle of crisis, we need not add to our issues. Just like my friend with the health condition, one issue is enough to tackle.

Elijah fought spiritual battles, but he became tired and hungry because was human. When we face crisis, let's not forget that we are human. Let's not forget that we need sunlight and warm embraces, food, and sleep. As we respond to crisis, let's not add to the issues of the day by becoming totally depleted.

DAY SIX JOURNAL

What does this say about God? _____

What does this say about people? _____

What am I going to do about it? I will _____
