

“Telling Yourself The Truth”

1 Kings 19:1-15

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Teaching Aim: To explore why the prophet Elijah crashed emotionally after his huge spiritual victory over the prophets of Baal on Mount Carmel. To realize Elijah was human like we are and had to face some of the same trials and temptations that we do. To understand God didn't give up on Elijah in his moment of weakness and He won't give up on us. To realize that God continues to speak to us today in a still small voice; we simply need to take time to listen.

DIGGING DEEPER INTO GOD'S WORD (*BIBLE STUDY*)

Part I: An angry Jezebel has Elijah on the run (1 Kings 19:1-3)

1. How did Jezebel react when she heard news of The LORD's victory over the 450 prophets of Baal on Mount Carmel and Elijah's slaughter of all of them (**vv. 1 & 2**)? Why was she so angry? (See **1 Kings 18:19**) How should King Ahab have handled her anger? What can we learn about the degree of power Queen Jezebel held in the northern kingdom from **verse 2**? Why do you think King Ahab was so afraid of her anger?

2. It is important to remember that Elijah was in Jezreel, the same city that Jezebel was living at the time (**vs. 2**). Why didn't Jezebel simply arrest Elijah and kill him on the spot instead of sending him a messenger with the threat to kill him? (See commentaries) Is it possible Jezebel was using a political strategy to discredit Elijah and weaken his reputation among the people?

3. How did Elijah respond on that stormy night to the news of Jezebel's threat (**vs. 3**)? What do you think happened to the boldness of Elijah that we saw in **1 Kings 18**? Have you ever gone into a spiritual low after a huge spiritual victory in your life? Why do you think this is?

4. The city of Beersheba was approximately 100 miles south of Jezreel in the southernmost part of Judah (**vs. 3b**). Why do you think Elijah fled there? Was he safe in the southern kingdom of Judah with Jezebel's wicked daughter Athaliah there? What notorious act did Athaliah do later in life? (See **2 Chron. 22:10-12**) What future king of Judah had his life spared from her coup attempt? How old was the boy when he became king following her death? (See **2 Chron. 24:1**)

5. What do we find Elijah's servant doing in **chapter 18**? (See **1 Kings 18:41-46**) Why do you think Elijah left him behind in Beersheba (**vs. 3b**)?

Part II: Elijah flees for his life (1 Kings 19:4-10)

1. After Elijah left his servant at Beersheba, he traveled about a day's journey (15 to 20 miles) into the wilderness outside of Beersheba (**vs. 4**). Why? What can we learn about the barrenness of the region from the Bible's description of a "*broom tree*?" What did Elijah pray for while he rested in the shade of this large desert brush? What did Elijah mean when he said, "*I am no better than my fathers?*" (See Commentaries)
2. Elijah was exhausted and despondent; what did he do while he was in this state of mind (**vs. 5**)? Why do you think people who are depressed spend so much time in bed or simply trying to sleep? Suddenly an angel from God woke Elijah up. What message did the angel bring to Elijah? What did the angel give to him (**vs. 6**)? What happened once Elijah finished eating his meal?
3. What did the angel do for Elijah a second time (**vs. 7**)? Why? How is this similar to what God did for the Israelites during their wilderness wandering? (See **Exod. 16:1-36; 17:1-7**)
4. How long did it take for Elijah to make his journey (**vs. 8**)? According to **verse 8**, did the angel's food and water supernaturally strengthen Elijah to complete his 40 day journey? What was Elijah's destination? Why do you think he went to this mountain?

5. What did Elijah look for once he arrived at Mount Horeb (**vs. 9**)? Why? Who met Elijah in “*the darkness*” of the cave? Note: Perhaps this real cave was symbolic of where Elijah was emotionally and spiritually at the time; he was enclosed in the darkness of deep depression. Has God ever met you when you were emotionally and spiritually drained? How did you come out of it? What unexpected question did the LORD ask Elijah (**vs. 9b**)? Who needed to know the answer to this question, God or Elijah? Is it possible that God did not command Elijah to go to Mount Horeb (also known as Mount Sinai)? Why do you think God had His angel take care of Elijah? What are some ways that God has taken care of you in the past?

6. How did Elijah respond to the LORD’s question in **verses 9 & 10**? Did Elijah assume his understanding was true, or did he check with God first to find out the facts? (See **1 Kings 18:4; 19:18**) Why is it important for each of us not to make assumptions but to get our facts right?

Part III: God revealed Himself to Elijah and re-commissioned him for service (1 Kings 19:11-15a)

1. What command did the LORD give to Elijah in **verse 11**? What supernatural events occurred revealing the presence of God on that mountain? Why do you think Elijah retreated back into the cave (**vs. 13**)? How was Elijah’s experience similar to that of Moses and the Israelites in **Exod. 19:16-18**? In both cases, what did the events demonstrate?

2. In what way did God finally reveal himself to Elijah (**vs. 12**)? How was this meeting similar to the meeting Moses had with God on this very same mountain many years before? (See **Exod. 33:20-23**) Why can, “*no one see God and live*”? Why could people see Jesus?

3. What can keep a Christian from hearing “*the still small voice*” of God today? (See **Psa. 66:18**) What distractions today can keep us from hearing that “*still small voice of God*”? What are some practical steps you can take to grow closer to God and to hear the LORD’s voice in your own life?

4. What did Elijah do when he realized “*the still small voice*” was God (**vs. 13b**)? What question did the LORD ask Elijah for a second time? Why do you think the LORD asked this question again? What was Elijah’s response (**vs. 14**)? How close was this response to Elijah’s response in **verse 10**?
5. How did the LORD respond to Elijah’s self-pity-party (**vs. 15a**)? Have you ever run from God’s call on your life? If so, why? What truth did God share with Elijah as an encouragement to help him press on in ministry (**vs. 18**)? Why should **verse 18** be an encouragement to every believer today? What special call has God put on your life? What is your mission? Have you been faithful to the Lord in fulfilling his call on your life? If not, why not start right now?

MINER’S CORNER ~ *Manna to live by!*

- Elijah sank into deep depression when he took his eyes off of God and focused on his own situation; we are guilty of doing the same at times!
- God will allow us to wander through the wilderness of life if we take our eyes off of Him and become consumed with our circumstances!
- Sometimes we are guilty of assuming things are true before finding out the facts; as Christians, we should make every effort to do our research and make sure our facts are straight before reacting!
- When wandering in the wilderness, it’s important to remember that God is there with us and only a prayer away! (See **1 John 1:9**)
- It’s God’s desire for us to fulfill the mission that He has called us to and gifted us for!
- God still speaks to us today in a still small voice; to hear Him, we need to spend quiet time with Him in the Word and in prayer every day!