

New Faith Church
Dr. Tanya C. Ingram
June 22, 2022
A Study of Elijah the Prophet “*God and Managing our Emotions*”
1 Kings 19:1-8

1 Now Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. 2 Then Jezebel sent a messenger to Elijah, saying, “So may the gods do to me and even more, if I do not make your life as the life of one of them by tomorrow about this time.” 3 And he was afraid and arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there. 4 But he himself went a day’s journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, “It is enough; now, O Lord, take my life, for I am not better than my fathers.” 5 He lay down and slept under a juniper tree; and behold, there was an angel touching him, and he said to him, “Arise, eat.” 6 Then he looked and behold, there was at his head a bread cake baked on hot stones, and a jar of water. So he ate and drank and lay down again. 7 The angel of the Lord came again a second time and touched him and said, “Arise, eat, because the journey is too great for you.” 8 So he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mountain of God.

A. Seclusion and rest are an essential part of the Christian life.

1. Jesus tells the disciples to Mark 6:31 And He *said to them, “Come away by yourselves to a secluded place and rest a while.” (For there were many people coming and going, and they did not even have time to eat.)
2. Life can be demanding, stressful and exhausting. The disciples had experienced the stress of ministry. They had heard of the beheading of John because he spoke truth to power, and had taken his body away to be laid in a tomb.
3. Jesus had regular moments of rest, prayer and we should too. So He knew what the disciples needed.
4. Elijah’s life and ministry had been physically and emotionally draining. From repairing the alter, seizing and killing the prophets of Baal, waiting on rain and running before Ahab’s chariots to Jezreel (over 15 miles). Elijah’s life is threatened by Jezebel (verse 2) and he leaves for Beersheba.
5. Elijah’s fatigue left him vulnerable. It allowed the sound of Jezebel’s words to silence his faith. God would handle a stubborn and evil Jezebel (2 Kings 9:30-37).
6. God’s view of humanity that He values each of us as we are created in His image. Elijah needed rest and we need rest too.

B. In times of fear, discouragement and hopelessness, living and waiting on God is still the best option. (verse 2- 3)

1. **Elijah’s live shows us that seasons of despair, disappointment and sorrow are a part of life. We should not ignore our feelings or realities but instead take them to God in honesty.**

2. Our solutions for the dark times in life are not found in the world's systems or habits. It is no time to quit, rather it is time to rest and run to God. God has perfect timing and is wise enough to do what is right in our lives.
3. **Don't forget what God has done in your life. Let God's past performance outweigh your challenges, defeats or problems.**
4. Elijah was alone and demonstrates that isolation can be unhelpful. Often in times of despair we need the support and prayers of others. Ecclesiastes 4:9-12 tells of the benefits of two being better than one.
5. We know that Elijah chooses aloneness because he had at least one servant who helped him see the cloud. He also leaves a servant behind.
- C. **God is our loving Father and can handle our emotions.** (verse 4) Moses seems to communicate a similar death wish Exodus 32:31-32.
 1. Moses, this great leader was exhausted by Israel apostasy and what seemed to be his futile efforts at conversion for the nation
 2. We must know our limits, triggers for when we are overwhelmed and present ourselves and the situation to God.
 3. Elijah's emotional state led him to run away to a desert.
 4. This is what human despair sounds like Verse 4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, "It is enough; now, O Lord, take my life, for I am not better than my fathers."
- D. **In times of deep depression and despair God will meet you where you are. (verse 5-8)**
 1. God will provide for us emotionally and physically. He has everything we need.
 2. God makes provision for Elijah ." 5 He lay down and slept under a juniper tree; and behold, there was an angel touching him, and he said to him, "Arise, eat." 6 Then he looked and behold, there was at his head a bread cake baked on hot stones, and a jar of water
 3. In times of fear, despair and hopelessness we must rest assured that can wants to and can touch us. We should position ourselves so that the God can "touch" us.
 4. In those times be obedient to God. Notice the patterns of God in a life. God commands and we must comply, like Elijah. He ate, drank and slept as the messenger (angel) sent by God commanded.
 5. Verse says 7 The angel of the Lord came again a second time and touched him and said, "Arise, eat, because the journey is too great for you."
 6. **Hold on and never give up. God sees, knows and cares for you.** He is preparing you for the next phase of life and ministry. 8 So he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mountain of God.
 7. **Our human frailty, exhaustion and physical limitations do not limit God.**