

### Establish a Need

We are living in strange times.

- A global pandemic, and the resulting isolation has made many of us feel disconnected, ungrounded, and unsure of what is next
- In the midst of this drastic change of lifestyle, people are also crying out for social change, and people all across the country have organized in protest.
- It feels for many of us that there is so much that requires our constant attention. Things are changing so quickly, it can feel hard to keep up. It wouldn't be strange to be feeling exhausted or overwhelmed during all this, I know I am.
- What message does the Word have for us when there is so much to be done, but we don't know if we can face it?

### Explore Problem

Elijah had to flee into isolation to escape Jezebel, who was trying to kill him.

- There was still work he needed to do for the Lord
- He had given up hope. Life seemed too hard to keep going.
- He felt like things could never be made right.

- Maybe you feel like things will never settle down, or maybe you just don't know if you can hold out until then.

### Explain Solution

The Lord does appear to Elijah and help him, but that isn't what happens first.

- First, an angel appears to him.
- We are used to angels "do not be afraid." This one doesn't.
- Elijah says its too much, I can't do it, I give up.
- The angel says "the journey *is* too great for you." Yes, it is too hard. It is too much
  - A message that this isn't fair and this isn't how things are supposed to be.
  - But for now its time to take care of yourself
- Because the journey is too hard, Elijah needs to eat and drink. Given cake and water
- A message for our emotional and spiritual states.
  - Take some time to take care of your needs.
  - Use of love of self (DLW 396)
  - Sure up your foundation. A house built on a rock.
- Also a message about our spiritual health and practice.

- The cake and water are basic goods and truths.
- It's not a complex feast, it's basic food and drink.
- Go back to spiritual practices that feel comforting. Find time to clear your mind of the confusion.
- Angel tells Elijah to eat twice. Take your time.
- Elijah is sustained for 40 days and nights
- 40 – completely, easy times and hard

So when things are hard, we should just retreat from them?

- This self care is a means to an end. Its our foundation.
- We don't live our life in our foundation.
- At the end of the story the Lord tells Elijah to go back into the world he fled from, and get things done.
- We need that time making sure we are okay, so that we can then go help others be okay, so that we can go serve God.

### Visualize Result

When we are able to do this, we are able to get to a place where we can go back out to do what is right.

- Hear the Lord saying “Go, return on your way.”
- We can see better what the Lord is calling us to return to.
- We can hear His voice of comfort and empowerment.
- Taking care of ourselves helps us get to a level-headed place where we can think more clearly about the ways we can move forward more positively.
- It makes everything feel less scary and more manageable

### Call to Action

If you are one of the many who feel overwhelmed, anxious, or frustrated, take some time for yourself.

- Engage in the spiritual practices that help you feel grounded and calm
- Meditate, pray, read the Word, connect with loved ones.
- Maybe do it twice. Don't rush through it. This time matters.
- Once you feel grounded, secured, and okay, look for how you can reengage in the work the Lord is calling you to do.

## 1 Kings 19:1-15

<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 <sup>Ⓜ</sup>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 <sup>Ⓜ</sup>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 <sup>Ⓜ</sup>coals, and a jar of water. So he ate and drank, and lay down again. <sup>7</sup>And the <sup>Ⓜ</sup>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.

<sup>9</sup>And there he went into a cave, and spent the night in that place; and behold, the word of the LORD *came* to him, and He said to him, “What are you doing here, Elijah?”

<sup>10</sup>So he said, “I have been very zealous for the LORD God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.”

<sup>11</sup>Then He said, “Go out, and stand on the mountain before the LORD.” And behold, the LORD passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the LORD, *but* the LORD *was* not in the wind; and after the wind an earthquake, *but* the LORD *was* not in the earthquake; <sup>12</sup>and after the earthquake a fire, *but* the LORD *was* not in the fire; and after the fire <sup>Ⓜ</sup>a still small voice.

<sup>13</sup>So it was, when Elijah heard *it*, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice *came* to him, and said, “What are you doing here, Elijah?”

<sup>14</sup>And he said, “I have been very zealous for the LORD God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.”

<sup>15</sup>Then the LORD said to him: “Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael *as* king over Syria. <sup>16</sup>Also you shall anoint Jehu the son of Nimshi *as* king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint *as* prophet in your place. <sup>17</sup>It shall be *that* whoever escapes the sword of Hazael, Jehu will kill; and whoever escapes the sword of Jehu, Elisha will kill. <sup>18</sup>Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him.”

### **Divine Love and Wisdom 396**

Love of self and love of the world are from creation heavenly loves, being loves of the natural self serving spiritual loves, as foundations serve for the building of houses. For it is owing to his love of self and the world that a person is concerned for his physical well-being and that he endeavors to be properly nourished, clothed and housed, to take care of his household, to seek employments in order to be useful, indeed to be held in honor in accordance with the status of the business that he administers for the sake of being obeyed, and also to be entertained and recreated by delights of the world - yet all of these for the sake of an end, which ought to be useful service. For through these endeavors he is in a state to serve the Lord and to serve the neighbor.