

“God Helped Elijah, He Will Help You”

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BIG SANDY, Texas—Since there was no Wednesday-night Bible study this week, I decided to write about the sermon that I gave last Saturday (Nov. 18)—which was simply titled “1 Kings 19:1-18.” The subject was about how God helped Elijah to overcome discouragement.

Elijah had great success

- 1 Kings 17:1—Elijah gave a powerful message to King Ahab.
- 1 Kings 17:8-16—Elijah watched as God continually provided food for him, a widow and her son.
- 1 Kings 17:17-24—By the hand of Elijah, God raised the widow’s son back to life.
- 1 Kings 18:17-19—When Elijah met with Ahab, he asked Ahab to gather the 450 prophets of Baal and the 400 prophets of Asherah.
- 1 Kings 18:20-25—Elijah proposed a public challenge between him and the other prophets.
- 1 Kings 18:26-29—The prophets of Baal could not get a response from their gods.
- 1 Kings 18:30-39—When Elijah called out to the God of Israel, the fire of the Lord consumed the burnt sacrifice.
- 1 Kings 18:40—Elijah oversaw the execution of the prophets of Baal.
- 1 Kings 18:41-46—Elijah told Ahab about the coming arrival of the abundance of rain.

Jezebel threatened Elijah

- 1 Kings 19:1-3—When Jezebel threatened Elijah, he ran for his life.
- 1 Kings 18:4—When Elijah was alone, he prayed that he might die—saying, “It is enough! Now, Lord, take my life, for I am no better than my fathers!”

Why was he depressed?

Allow me to ask some questions about the turn of events—from experiencing great success and running from the threat of Jezebel.

- Why did Jezebel's threat affect Elijah?
- Didn't Elijah have a relationship with God?
- Wasn't Elijah God's messenger?
- Was Jezebel's threat worse than Elijah's confrontation with hundreds of false prophets?

The difference was Elijah's perspective. Elijah was exhausted from the stress (even positive stress) from the confrontation with the prophets of Baal. Elijah's body, mind and emotions relaxed.

From 1 Kings 19:5-18, I want to mention seven concepts that showed how God helped Elijah.

God gave physical help

- 1 Kings 19:5-6—After an angel gave Elijah food and drink, Elijah got some much-needed sleep.
- 1 Kings 19:7—After an angel awoke Elijah, the angel instructed him to eat before taking a trip.

God gave emotional help

- 1 Kings 19:8—When God instructed Elijah to walk, the trip lasted 40 days—and since I don't believe the trip needed 40 days of fierce walking, God wanted him to enjoy a little personal time.

God heard Elijah's complaint

- 1 Kings 19:9—God asked him: "What are you doing here?"
- 1 Kings 19:10—God heard Elijah complain.

God reminded Elijah of various ways He helps

- 1 Kings 19:11-12—God works through strong wind, earthquakes, fire and a still small voice.

God heard Elijah's complaint again

- 1 Kings 19:13—God asked him again: "What are you doing here?"
- 1 Kings 19:14—God heard Elijah complain.

God gave Elijah projects to do

- 1 Kings 19:15-17—God gave Elijah three tasks.
- Appoint Hazael to be king of Syria.
- Appoint Jehu to be king of Israel.
- Appoint Elisha as prophet in Elijah's place.

God helped Elijah see the big picture

- 1 Kings 19:18—God reminded Elijah that there were 7,000 other people who had not bowed to Baal.