



## I'm Running On Empty! [1 Kings 19:1-18]

When life overwhelms you all at once how do you react? Sometimes in our journey, we realize we are spiritually, emotionally, and physically exhausted - unable to cope or process the components of the storms surrounding us. So what do we do, or more importantly, what can God do in these moments?

### Elijah was a man as we are. . . [James 5:17]

- 1. OVERWHELMED BY EVIL [19:1-3]**
  - A. The Threat [Jezebel]
  - B. The Response - Running [Elijah]
- 2. SUSTAINED IN THE WILDERNESS [19:4-8]**

Reality Check with Jesus:  
...the journey is too great for you. [7]

### What are you doing here Elijah? [19:9,13]

*"I have been very jealous [qanah - zealous] for the Lord, the God of hosts. For the people of Israel have [1] forsaken your covenant, [2] thrown down your altars, and [3] killed your prophets with the sword, and [4] I, even I only, am left, and they seek my life, to take it away."*

- 3. COMMUNICATED MESSAGE/MISSION [19:9-16]**
  - A. Not in the Strong Wind [11a]
  - B. Not in the Earthquake [11b]
  - C. Not in the Fire [12a]
  - D. In the sound of a low whisper [12b]
  - E. The mission - 3 Arenas [15-16]
- 4. GOD AFFIRMS ELIJAH'S IMPACT - 7000 [19:18]**

### Discussion Questions

1. Read 1 Kings 19:1-8. Consider how these verses apply to your life. For instance, when have you been overwhelmed? What caused your emptiness? How did the Lord strengthen and encourage you in those times? [Abide]
2. Read 1 Kings 19:14-18. Is it acceptable for us to question God like this? To complain? How would you summarize God's answer to Elijah? [LCSB]
3. Pray for God to help you remember that when you are running on empty to turn and rest in Him - letting Him direct your steps.

### JEZEBEL'S MESSAGE/ELIJAH'S RESPONSE

**1 Kings 19:1-3** Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword.  
<sup>2</sup> Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more also [ever more severely], if I do not make your life as the life of one of them [my poor priests of Baal] by this time tomorrow."  
<sup>3</sup> Then he [Elijah] was afraid, and he arose and ran for his life and came to Beersheba [90-100 miles], which belongs to Judah [Judah - where Athaliah reigned with her husband, Jehoram], 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 broom tree. And he asked [heb: prayed/begged] that he might die, saying, "It is enough; now, O Lord, take [sweep] away my life, for I am no better than my fathers."  
<sup>5</sup> And he lay down and slept under a broom tree.

### THE LORD'S PROVISION [NAP AND A SNACK]

**1 Kings 19:5-8** And behold, an angel touched him and said to him, "Arise and eat."  
<sup>6</sup> And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again.  
<sup>7</sup> And the angel of the Lord [Jesus] came again a second time and touched him and said, "Arise and eat, for the journey is too great for you."  
<sup>8</sup> And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb [ancient name for Mt. Sinai], the mount of God. [Psalm 23:5; 78:19] [Mark 6:30-31]

### ELIJAH'S HEART REVEALED/THE LORD'S MESSAGE

**1 Kings 19:9-16** There he came to a cave and lodged in it. And behold, the word of the Lord came to him, and he said to him, "What are you doing here, Elijah?"  
<sup>10</sup> He said, "I have been very jealous [qanah - zealous] for the Lord, the God of hosts. For the people of Israel have [1] forsaken your covenant, [2] thrown down your altars, and [3] killed your prophets with the sword, and [4] I, even I only, am left, and they seek my life, to take it away."  
<sup>11</sup> And he said, "Go out and stand on the mount before the Lord." And behold, the Lord passed by, and a great and strong wind tore the mountains and broke in pieces the rocks 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 the sound of a low whisper. [Emphasis on the word and not on marvels]  
<sup>13</sup> And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, "What are you doing here, Elijah?"  
<sup>14</sup> He said, "I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away."  
<sup>15</sup> And the Lord said to him, "Go, return on your way to the wilderness of Damascus. And when you arrive, you shall anoint Hazael to be king over Syria.  
<sup>16</sup> And Jehu the son of Nimshi you shall anoint to be king over Israel, and Elisha the son of Shaphat of Abel-meholah you shall anoint to be prophet in your place . . .

### THE LORD'S REMINDER

**1 Kings 19:18** Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.

**ISAIAH 40:31**...they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.