

“Surviving Jezebel”

1 Kings 19:9

Introduction

Life will bring problems. However, instead of responding to them in fear, haste and avoiding our trials, God wants us to remember the throne and rest in His purpose and promise for our lives. In 1 Kings 19, Elijah was hiding out in a dark cave. He was running from Jezebel and deeply discouraged and defeated. God asked Elijah, “What are you doing here, Elijah?” God didn’t ask Elijah that question because He needed an answer. He wanted to create awareness for Elijah of the bigger circumstances at work with God’s perspective.

Like Elijah, believers can easily feel the weight of threats in our lives instead of focusing on the power of the throne that governs all things. As believers, we also can become consumed with what we see in the natural – just like Elijah. We can also tend to focus on what’s in front of us rather than reflect on what God has done and consider His promises for our future. When our safety and security are threatened, we tend to respond in emotional haste. Instead of acting proactively in the confident power of God, we often react and fuel the fire of life’s difficulties with our own fears like Elijah, who wanted to take his own life! But even in the darkest place, Elijah still had to embrace God’s perspective and be a willing participant in His success.

The solution for Elijah involved rest. The difficulties didn’t change, but his perspective certainly did. After Elijah remembered and returned to God, God called Elijah to his next steps. His time of rest led to him being re-empowered and reignited. Even strong believers have times where the decision must be made to rest, remember and recover. See your difficulties as an opportunity to refocus, take refuge and be restored.

Getting Started

1. Many people would describe the last 18 months as a time of survival. In the times of continuous change due to COVID-19, what circumstances have you found easiest to navigate? Which ones have been the hardest?
2. Sometimes dark seasons drive us to create new habits. What habits, good or bad, have you picked up in the last eighteen months?

Let’s Get Personal

1. When was the last time you felt like hiding? What difficulty sent you into a dark place?
2. Are you still in a dark place? How did the Word from this week’s message impact your desire or ability to shift your perspective?

Take the Next Step

1. When life gets tough and you feel emotionally and spiritually drained, do you give yourself the space to rest and recover? Why or why not?
2. After hearing this week's message, what practical opportunities do you see for incorporating rest in your plans?
2. How have you been reacting to difficult circumstances instead of proactively engaging with them? What truth from this week's sermon will help you proactively remember God and shift your perspective to the view from the throne?
3. Want to go deeper? Take time to look at the following passages: 1 Kings 19:9; 1 Kings 19:2-8; Psalm 46:10; Psalm 23; Psalm 62:1; Psalm 4:8; John 6:35; 1 Kings 19:15; 1 Kings 20-22; 2 Kings 1; 2 Kings 2:11.

Renew Your Mind

"Be still, and know that I am God . . ."

Psalm 46:10
