



# A Guide for Spiritual Formation

Text for the Week: 1 Kings 19:1-18

Message for the Week: PEACE

Sunday, October 13

## Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

Have you ever been so afraid that you ran for your life?

## Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

## Read:

Read / Have two people in your group read [1 Kings 19:1-18](#) out loud.

[Clicking the link will bring you to multiple translations.]

As you read and/or listen to the text being read, circle, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

## Respond / Reflect:

Why do you think Elijah ran in this story? What do you think he was running from?

What do you run from? What are you running from?

Why was Elijah so anxious and worried in this passage?

What are some ways that anxiety and stress affect people? How do anxiety and stress affect you?

Do you think Elijah finds peace in this story? If so, why? If not, why not?

How do you find and experience peace in your heart and life?

Is peace hard for you to find? Why or why not?

## Take Away:

What is a main point or key message that you learned, understood, observed, or experienced that you are taking away with you from your group's reflections on the bible passage or your group's conversations today?

## Prayer:

Spend time in prayer with/for the other people who are with you. Who in your group needs prayer today? Who in your group will you pray for?

Pray this prayer together:

Father, I am anxious and worried by so many things. I've been listening to this world rather than to you. Forgive me. Help me to find that still, quiet place where I need to hear your voice so that my heart can be re-orientated toward you. AMEN

## "Try It" - Putting our Faith into Action:

As you through your daily routines at home, work, school, and in your community this week, answer the question that God posed to Elijah: "What are you doing here?"

## Galatians 5:22-26

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law. <sup>24</sup> Those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup> Since we live by the Spirit, let us keep in step with the Spirit. <sup>26</sup> Let us not become conceited, provoking and envying each other.

## 1 Kings 19:1-18 - New International Version

19 Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. <sup>2</sup> So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."

<sup>3</sup> Elijah was afraid<sup>(a)</sup> and ran for his life. When he came to Beersheba in Judah, he left his servant there, <sup>4</sup> while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." <sup>5</sup> Then he lay down under the bush and fell asleep.

All at once an angel touched him and said, "Get up and eat." <sup>6</sup> He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

<sup>7</sup> The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." <sup>8</sup> So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. <sup>9</sup> There he went into a cave and spent the night.

And the word of the Lord came to him: "What are you doing here, Elijah?"

<sup>10</sup> He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

<sup>11</sup> The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by."

Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. <sup>12</sup> After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. <sup>13</sup> When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

Then a voice said to him, "What are you doing here, Elijah?"

<sup>14</sup> He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

<sup>15</sup> The Lord said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. <sup>16</sup> Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. <sup>17</sup> Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. <sup>18</sup> Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him."

### Footnotes

- a. [1 Kings 19:3](#) Or *Elijah saw*

## 1<sup>st</sup> Kings 19:1-18 - The Message

19 <sup>1-2</sup> Ahab reported to Jezebel everything that Elijah had done, including the massacre of the prophets. Jezebel immediately sent a messenger to Elijah with her threat: "The gods will get you for this and I'll get even with you! By this time tomorrow you'll be as dead as any one of those prophets."

<sup>3-5</sup> When Elijah saw how things were, he ran for dear life to Beersheba, far in the south of Judah. He left his young servant there and then went on into the desert another day's journey. He came to a lone broom bush and collapsed in its shade, wanting in the worst way to be done with it all—to just die: "Enough of this, God! Take my life—I'm ready to join my ancestors in the grave!" Exhausted, he fell asleep under the lone broom bush.

Suddenly an angel shook him awake and said, "Get up and eat!"

<sup>6</sup> He looked around and, to his surprise, right by his head were a loaf of bread baked on some coals and a jug of water. He ate the meal and went back to sleep.

<sup>7</sup> The angel of God came back, shook him awake again, and said, "Get up and eat some more—you've got a long journey ahead of you."

<sup>8-9</sup> He got up, ate and drank his fill, and set out. Nourished by that meal, he walked forty days and nights, all the way to the mountain of God, to Horeb. When he got there, he crawled into a cave and went to sleep.

Then the word of God came to him: "So Elijah, what are you doing here?"

<sup>10</sup> "I've been working my heart out for the God-of-the-Angel-Armies," said Elijah. "The people of Israel have abandoned your covenant, destroyed the places of worship, and murdered your prophets. I'm the only one left, and now they're trying to kill me."

<sup>11-12</sup> Then he was told, "Go, stand on the mountain at attention before God. God will pass by."

A hurricane wind ripped through the mountains and shattered the rocks before God, but God wasn't to be found in the wind; after the wind an earthquake, but God wasn't in the earthquake; and after the earthquake fire, but God wasn't in the fire; and after the fire a gentle and quiet whisper.

<sup>13-14</sup> When Elijah heard the quiet voice, he muffled his face with his great cloak, went to the mouth of the cave, and stood there. A quiet voice asked, "So Elijah, now tell me, what are you doing here?" Elijah said it again, "I've been working my heart out for God, the God-of-the-Angel-Armies, because the people of Israel have abandoned your covenant, destroyed your places of worship, and murdered your prophets. I'm the only one left, and now they're trying to kill me."

<sup>15-18</sup> God said, "Go back the way you came through the desert to Damascus. When you get there anoint Hazael; make him king over Aram. Then anoint Jehu son of Nimshi; make him king over Israel. Finally, anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. Anyone who escapes death by Hazael will be killed by Jehu; and anyone who escapes death by Jehu will be killed by Elisha. Meanwhile, I'm preserving for myself seven thousand souls: the knees that haven't bowed to the god Baal, the mouths that haven't kissed his image."