

## Need a Break?

As you gather together to hear and apply God's Word, start by sharing how you were influenced by the previous study since your group last met. Use the following questions for review.

### **D** Debrief & Interpret

- How did you apply the previous Scripture study?
- What did you learn about God as you applied the Word? What did you learn about yourself?

### **H** Hear the Word

*In 1 Kings 18, the prophet Elijah publicly challenged Israel's King Ahab, Queen Jezebel, and the false prophets of Baal. They had turned away from God, resulting in a three-year drought. God answered Elijah's prayers by performing miracles, including bringing down fire from heaven and bringing rain to the land. This was a stressful time for Elijah, yet also exhilarating being a part of what God was doing. We pick up the story here...*

#### [Read 1 Kings 19:1-14:](#)

<sup>1</sup> 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 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."



### Discuss:

- Imagine that Elijah has been admitted to your unit. What is Elijah's mental and emotional condition?
- Why do you think God met Elijah's physical needs before addressing his spiritual and psychosocial concerns? What do you observe about how God met Elijah's spiritual and psychosocial needs?
- In what ways do you currently resonate with Elijah's state of mind? Based on this passage, what do you think God might want to say to you?

### **R** Respond Actively

As you end your study, choose one or both of the options below to apply the Scripture to your life this week.

- *Internal:* When stress piles on, like Elijah, we may feel alone, misunderstood, and desperate. Instead of running away from our problems, we can choose to run to God and to listen to his voice. Find a time (try for 30 minutes if you can) in your schedule this week where you can get away from everything and listen for God's voice. Put it in your calendar and hold that time as "sacred." Use that time to be still and sit in his presence, asking him to speak to you.
- *External:* In Elijah's story, we see how his spiritual needs overlapped with his psychosocial needs. In nursing practice – or even with our classmates – we may be tempted to set aside spiritual needs and focus solely on psychosocial needs. But in so doing, we may miss out on a powerful set of interventions that can provide a fuller measure of healing and restoration. Take a moment to think about a classmate who has some psychosocial needs – perhaps they feel stressed, isolated, anxious, depressed, etc. How could you offer to pray with them this week so they could hear the voice of God like Elijah did? If they are willing to pray with you, consider building in a minute of silence into the prayer where you invite them to ask: "God, what would you like to say to me right now?" ... and see what happens!