

6 - Need a Break?

In 1 Kings 18, the prophet Elijah publically challenged Israel's King Ahab and his 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 19:1-16.

¹Now [King] Ahab told [Queen] Jezebel everything Elijah had done and how he had killed all the prophets [of Baal] with the sword. ²So 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."

³Elijah was afraid and ran for his life. ⁴...he went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life..." ⁵Then he lay down under the tree and fell asleep. All at once an angel touched him and said, "Get up and eat." ⁶He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

⁷The 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." ⁸So 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. ⁹There he went into a cave and spent the night. And the word of the LORD came to him: "What are you doing here, Elijah?"

¹⁰He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken 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."

¹¹The 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. ¹²After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. ¹³When 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?"

¹⁴He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken 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." ¹⁵The LORD said to him, "Go back the way you came, and go to the Desert of Damascus.

For discussion and reflection:

1. Imagine that Elijah has been admitted to your unit. What is Elijah's mental and emotional condition? Do a nursing assessment and develop a brief care plan for him. * See reference page for potential nursing diagnosis
2. Why do you think God met Elijah's physical needs before addressing his spiritual and psychosocial concerns? How have you seen God meet your needs?
3. Describe how Elijah heard God's voice. How do you hear God speak to you?

Find a quiet spot today to sit in silence and listen for God to speak to your heart.