

fried | *pursuing mental and emotional wholeness*

The Flight to Safety

1 Kings 19:1-4

January 8, 2023

Introduction: Even superheroes of the faith get fried, Jesus said there was no one greater than Elijah, but Elijah pushed it too far. Cooked the engine. Smoked the circuits. Burnt the CPU. Got fried. It can happen to anyone. Today with the pace and pressures of life, we can't take mental health and emotional resilience for granted. Not for anyone. We're struggling. And we're not afraid to talk about it. Because God understands and cares. See how God comes alongside Elijah to renew and rebuild him mentally and emotionally. And join us as we invite him to do the same for us.

Prayer: Father, help us to see and understand what Elijah was facing. Amen

Read: 1 Kings 19:1-4

Review: What did you learn about "not being ashamed" of the gospel from the sermon by Earl Palmer?

Discussion:

1. Why did Ahab (the king) tell Jezebel everything that Elijah had done?
2. What and to whom was the oath that Jezebel made against Elijah?
3. Why was Elijah more afraid (apparently) of Jezebel than the prophets of Baal and Ahab the king?
4. Elijah's fear drove him into the desert alone. Have you ever felt that way in the midst of a crisis of fear?
5. What did Elijah mean when he said, "I am no better than my ancestors"?

Application: Can we identify with Elijah and his fear, even after an astounding triumph?

Prayer: Father, we know that you are with us and for us, even when we want to run in fear. Amen.