

**fried** | pursuing mental and emotional wholeness

***The Shade of Rest***

1 Kings 19:5-8

January 15, 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, we look to this text to understand the importance of rest. Amen

**Read:** 1 Kings 19:5-8

**Review:** What surprised you about the flight of Elijah?

***Discussion:***

1. How was Elijah able to fall asleep when he had just been running for his life?
2. What was the angel's purpose for the hot bread (over coals) and water? Why was the angel not there when Elijah woke up? What did Elijah do in response?
3. What was the purpose of the angel's second visit? Different from the first?
4. Have you ever been served in a similar manner and been strengthened for a long or hard journey?
5. What was the significance (mental or otherwise) of Elijah's going to Horeb "the mountain of God"?

**Application:** This week, plan for a time of rest which will strengthen you.

**Prayer:** Father, forgive us for not understanding the wholesomeness and need for rest. Amen.