

soul talk

overwhelmed—a story

a season of gray

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ² 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.” ³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself 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; I am no better than my ancestors.” ⁵ Then he lay down under the tree and fell asleep. All at once an angel touched him and said, “Get up and eat.” ⁶ He 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. ⁷ 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.” ⁸ 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. ⁹ There he went into a cave and spent the night.

1 Kings 19:1-9a

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NOTES - The icons below may be helpful as you take notes on the outline.



perspective from the gray

And the word of the LORD came to him: “What are you doing here, Elijah?” ¹⁰ He 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.”

1 Kings 19:9b-10

the God of the gray

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. ¹² After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. ¹³ When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

1 Kings 19:11-13a

going back the way you came

Then a voice said to him, “What are you doing here, Elijah?” ¹⁴ He 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.” ¹⁵ The LORD said to him, “Go back the way you came...”

1 Kings 19:13b-15a

next steps:

- o Join us in **Lenten prayer** March 3 @6pm
- o **Journeying Through Stress & Anxiety Milestone** is March 7 @5pm for parents/guardians to learn how to help children cope with stress
- o **@home Center** is full of helpful resources
- o **Further reading:**
 - Prayer* – Richard Foster
 - The Good and Beautiful Life* – James Bryan Smith
 - Invitation to Solitude and Silence:*
 - Experiencing God’s Transforming Presence* – Ruth H. Barton

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