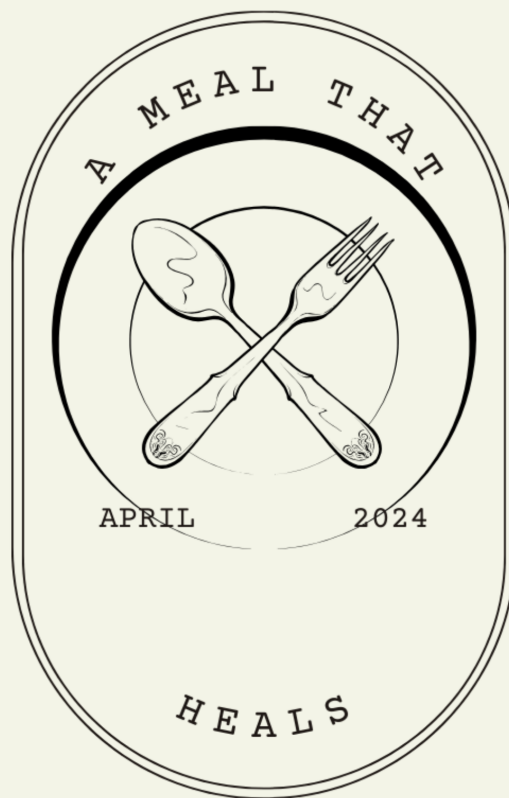

Abide Lessons

By Arlan Sanchez



THEME:

The Voice After Battle

MEMORY SCRIPTURE VERSE:

"Take my life I am no better than my fathers" 1 Kings 19:4

SERMON QUOTE:

"We request the things we think will relieve the heartache of our season" - Pastor Arlan Sanchez

Exhaustion is in the atmosphere. We can feel the tension in every facet of life. Many seek to renew the body and the emotions through newfound solutions but often forget to address the fatigue of our spirit being in this era.

The Bible records a story of a man that is still alive today. His name is Elijah. His life records some of the most profound acts of faith ever documented. After a very emotionally and physically draining incident, Elijah is on the run. He is running from Jezebel. He gloriously defeats her prophets and sorcerers and she has warned Elijah of his demise. She promises to kill him. In 1 Kings 19:1-7, Elijah has run for his life into the desert and requests that he might die, even though his life is destined to never see death.

God doesn't counsel him (at least not yet); he doesn't scold him. He gives him a pep talk. God instructs Elijah to rest and eat. God feeds him with a meal that heals. Sometimes even winning. Elijah had done comes with its consequences. We never consider that in this story, God comes to **calm the exhaustion and calm the stormy mind**. God renews the body, renews the mind, and restores the joy for the journey ahead of Elijah.

We can find ourselves in circumstances where our stories need a meal that heals. The times we are living in have created an emotionally and physically draining cycle that has worn out the strongest of people. Please remember the rest and ways of God as we journey towards healthy spirit-filled lifestyles.

LESSON ONE: A Meal That Heals

Taking it home: Even the Faithful Flee

QUESTIONS SET #1:

This story has excellent examples of a life surrendered to God. Yet, Elijah faces utter exhaustion. The weariness of his state of mind is delicate. The agency of the power of God commands the rest (1 Kings 19:6). Understanding God's rest is found through understanding His ways (Hebrews 3:10-11).

- How can we identify with Elijah's exhaustion?
- What are some ways God fed us with rest or a meal (in terms of his presence and visitation) that helped us heal?
- Or perhaps invite God now in prayer to visit and feed us from His table (Matt 11:28).

QUESTION #2:

In the story of Elijah's renewal, winds, earthquakes, and fire accompany God's visitation to Elijah (1 Kings 19:11-12). But God was not in any of them. Many consider these to be likened to distractions in our modern day. Interestingly, pain mostly looks to pleasure, when needing to relieve heartache. But God comes to *claim the exhaustion of the stormy mind*. He intends to *revive the body, renew the mind*, and *restore the joy*. What does God's restored joy, renewed mind and revived body look like for you?

QUESTION SET #3:

Elijah's story is no strange phenomenon in that even the faithful flee when inspired by fear, leading one to relinquish their courage. In our era, there are multiple examples of how one's faith, particularly Christianity, has seen its consequences as a startling push for God and his ways. This seemingly has impacted Elijah as it was the first thing he did after resting and sleeping (1 Kings 19:10).

Can it be said that we as believers are feeling the tension in culture as we stand in faith today so?

- How does standing in faith contribute to the exhaustion of the era?

QUESTION #4:

When God is not in the air such as the winds, earthquakes, and fire we will need to look and listen for His voice. Hearing God can be difficult when we have been through so much as people individually and collectively.

God will speak as He did in 1 Kings 19:9 to Elijah after such a difficult season. However, exhaustion can be accompanied by unexpected outcomes (burnout, overwork, stress, etc.) which we eventually dismiss.

Our need for spiritual awareness and prioritizing times of renewal are so critical, but can also add to our stress. What does recovery look like in our modern times? Discuss how one might invite God to moments of exhaustion.

PRAYER:

Heavenly Father,

We invite you to come shed light on our perspectives that need healing. In your presence I find rest. Renew my strength, show me your way and truth. Open my ears that I may hear the counsel of your Word and the promise of the Holy Spirit. Claim the exhaustion of my stormy mind and revive my body, renew my mind, and restore unto me the joy of my salvation.

In Jesus' name, I pray. Amen.