

**INTRO**

- What’s the highest point you’ve been on earth (i.e. not flying)? What was the view like?

**READ**

1 Kings 19:1-18

*(Note: for context, read ch18 in prep)*

**REFLECT & RESPOND**

In times of disruption and transition we may long for certainty. But in the absence of certainty, we need clarity—a divine perspective on how to see and interpret things. In Elijah’s wilderness, we see the wisdom and grace of God towards Elijah as he struggles with his own distorted views of God, himself and his life circumstances. God’s means of grace come to Elijah in 3 ways.

**1. VITALITY**

We can identify with Elijah’s feelings of exhaustion, isolation, discouragement and even despair. When Elijah wants death as a way out, God sets about revitalizing his faith and perspective by first attending to his physical, emotional & social needs.

*Qu: what is one thing you are doing that's helping your physical, emotional/mental, or social wellbeing during this time?*

**2. VOICE**

As important as self-care is, God now leads Elijah further into the Wilderness because he needs more than just his physical and emotional needs met (see Dt 8:3). Elijah needs to encounter God afresh for himself and allow God’s voice to silence all others.

**The Silence & Solitude of the Wilderness** is an important part of us being refreshed and sustained, but it’s hard in our modern, 24/7, always on world.

*Qu: Is solitude (alone time with God) a struggle for you? Why or why not? If you could change/improve one thing about your relationship with God, what would it be? What’s stopping you?*

**3. VISION**

Ultimately, when we are healthy in body, soul and spirit we are better able to appreciate life from God’s perspective, especially in seasons of testing and disruption. It may not change our circumstances, but God’s **vision, voice and vitality build a resilience within us and hope for the future.**

One of the main factors to Elijah’s personal crisis was his unmet expectation of how he thought God’s plan should unfold (instead of revival in the land, he got a death threat!). Yet, God reminded him that God’s plan is always working itself out, oftentimes beyond what we can perceive—sometimes dramatically & spectacularly, and sometimes quietly & uneventfully.

-----  
 “I will find rest nowhere but in His will, and that will is infinitely, immeasurably, unspeakably beyond my largest notions of what He is up to.”  
 — Elisabeth Elliot, *Through Gates of Splendor*  
 -----

*Qu: how does Elijah’s wilderness crisis story challenge and/or encourage you in your own wilderness moments?*

*Qu: what is the significance for us of Jesus being referred to as the bread, word & light of life?*

**RESPOND & PRAY**

- Pray for breakthrough in our relationship with God: desire and hunger for more of Him.
- Pray the ongoing trial of the pandemic would soften people’s hearts to receive God’s good news of Jesus.