

## “When a Disciple loses Hope”

1 Kings 19:1-19

*When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.”*

*Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.”*

*Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.*

*Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.”*

1 Kings 19:1-7 (NLT)

*So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. There he came to a cave, where he spent the night.*

*But the Lord said to him, “What are you doing here, Elijah?”*

*Elijah replied, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.”*

*“Go out and stand before me on the mountain,” the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. And after the earthquake there was a fire, but the*

*Lord was not in the fire. And after the fire there was the sound of a gentle whisper. When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.*

*And a voice said, “What are you doing here, Elijah?”*

*He replied again, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.”*

*Then the Lord told him, “Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. Then anoint Jehu grandson of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet. Anyone who escapes from Hazael will be killed by Jehu, and those who escape Jehu will be killed by Elisha! Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!”*

*So Elijah went and found Elisha son of Shaphat plowing a field. There were twelve teams of oxen in the field, and Elisha was plowing with the twelfth team. Elijah went over to him and threw his cloak across his shoulders and then walked away.*

1 Kings 19:8-19 (NLT)

### 5 Steps God used to restore hope in Elijah:

1. **Rest.**

2. **Eat.**

3. **Talk with God.**

4. **Get near some positive friends.**  
**(Growth Group)**

5. **Don't listen to liars.**

*I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.*

Romans 15:13 (NLT)

Notes

**Growth Group Questions**

(Questions and Scriptures for further study)

1. Tell of a person in your life who makes every little thing a big thing? How do they do that?
  
2. How do you usually respond to people who over react about the littlest obstacles?
  
3. Re-read 1 Kings 19:1-2. How have you handled the 'Jezebel's' in your own life? ( it doesn't have to be a person it can just be an overwhelming moment in your life where it doesn't seem like there is any good ending in sight.)
  
4. Re-read 1 Kings 19:5-18. Which of the five steps to restore hope in Elijah are the most important to you?

Which step do you struggle with the most?

5. In what ways has your growth group impacted you this year?
  
6. How can you help others to get around some positive friends?  
To help them find community?