



How God Works through the Highs and Lows of Life

A story from the life of Elijah
“Elijah was a person just like us . . .”
James 5:17

The History:

Elijah's name means 'My God is Yahweh'. Elijah was a prophet of God during the divided Kingdom of Israel and Judah around 900BC.

While Judah provoked the Lord to jealousy, Israel was abandoned by God. During this period there are many kings in Israel, showing that there was no longer any respect for Israel's true God. At this time King Ahab takes Jezebel as his wife who is steeped in Baal and Asherah worship. And so in God's mercy the greatest of the prophets is raised up during the reign of the wickedest King.

HIGH: The Contest on Mt. Carmel: 1 Kings 18:1-40

LOW: Elijah flees for his life and despairs 1 King 19:1-18

2 TRAPS TO AVOID WHEN FEELING DOWN

Trap #1- _____

“Take my life, for I am no better than my ancestors who have already died.”
1Kings. 19:4

The Escape: Remember

You are called to _____ not to _____

Trap #2- _____

...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...
1Kings. 19:10

The Escape: Remember

You can't always control what you're feeling, but you can control your

4 Steps To Get Back on Track

1. _____

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. 1 Kings 19:5,6

2. _____

“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.”
1Kings. 19:10

3. _____

The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.” 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. 12 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. 13 When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.
1Kings. 19:11-13

4. _____

15 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. 16 Then anoint Jehu son 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. 17 Anyone who escapes from Hazael will be killed by Jehu, and those who escape Jehu will be killed by Elisha!”
1 Kings 19:15-17