

## EXHAUSTED ELIJAH. 1 KN. 19:1-10. 3/19/23. #51.

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And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. <sup>2</sup>Then Jezebel sent a messenger to Elijah, saying, "So let the gods do *to me*, and more also, if I do not make your life as the life of one of them by tomorrow about this time." <sup>3</sup>And when he saw *that*, he arose and ran for his life, and went to Beersheba, which *belongs* to Judah, and left his servant there. <sup>4</sup>But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, LORD, take my life, for I *am* no better than my fathers!" <sup>5</sup>Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise *and* eat." <sup>6</sup>Then he looked, and there by his head *was* a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. <sup>7</sup>And the angel of the LORD came back the second time, and touched him, and said, "Arise *and* eat, because the journey *is* too great for you." <sup>8</sup>So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God. <sup>9</sup>And there he went into a cave, and spent the night in that place; and behold, the word of the LORD *came* to him, and He said to him, "What are you doing here, Elijah?" <sup>10</sup>So he said, "I have been very zealous for the LORD God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life."  
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### 1. The letdown

- a. Often after great spiritual victories, there is a sudden wearisome letdown (even despair)
- b. Victory on Mt. Carmel did not yield revival
  - a1. Baal could not bring fire down on offering
  - a2. God's fire consumed the offering & altar
  - a3. The pagan prophets were executed
  - a4. Neither Ahab nor Israel repented
- c. Elijah was disappointed & exhausted
  - a1. Elijah had reached the end of his mental & physical endurance
  - a2. Often, the Lord would take his disciples away to rest (Ps. 127:1-2)

### 2. Jezebel's love note

- a. When Ahab tells his wife what Elijah did, she was furious & sends Elijah a note
  - a1. Jezebel seeks to kill Elijah
  - a2. Elijah panics
- b. Elijah neither seeks the Lord's guidance, nor does he express faith in God's protection
  - a1. El. is totally spent with no reserves
  - a2. (1 Sam. 16:1-2) fear grips El.'s heart & he

is overcome with dread

- c. Faith falters before fatigue & disappointment
  - a1. God remembers our frailties (Ps. 103:14)
  - a2. Job expressed both faith & bewilderment
- d. Elijah travels all the way to Beersheba (southern most part of Judah)
  - a1. He is exhausted & discouraged
  - a2. As with Jeremiah, he pities himself
- e. Elijah leaves his servant behind & goes a few miles into the wilderness
  - a1. Elijah stops to rest under a broom (juniper) tree (literally made brooms of the branches)
  - a2. Elijah sleeps from exhaustion

### 3. Help from above

- a. An angel touches Elijah & tells him to eat
  - a1. vs. 7 calls him *the angel of the Lord*, which usually indicates a pre-incarnate form of Christ (God meeting the needs of man)
  - a2. The angel had prepared food & drink
- b. Elijah had used up his energy reserves of glucose, B-12, & other nutrients
  - a1. The angel twice refreshed Elijah
  - a2. "The journey is too much for you"
- c. Even though we emphasize spiritual matters, the body is important to maintain properly
  - a1. We are responsible for the stewardship of our bodies (Ps. 127:1-2)
  - a2. 1 Cor. 6:19-20 body = temple of Holy Spirit

### 4. Trip to Mt. Horeb

- a. El. traveled 40 days to Mt. Horeb (Arabian Pen.) on the food the angel gave him (a miracle – note that Jesus was 40 days fasting in wilderness)
- b. God asks, "What are you doing here, Elijah?"
  - a1. God had not called Elijah to Mt. Horeb
  - a2. God knew why Elijah was here
- c. Elijah had 3 complaints:
  - a1. Israel forsook God & killed the prophets
  - a2. El. was the only one left who followed God
  - a3. They are seeking to kill him