

Fight or flight?

Notes for 3 Jan

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Read: [1 Kings 19](#)

This is probably one of the most touching stories in the whole of the scriptures. Fear is induced in most of us when our survival is threatened. It's the response of Elijah's divine Companion that I find so touching as He aids in his recovery from something akin to a breakdown, in what can only be classed as the most humane and pragmatic manner.

THE THREAT:

Verse 2: "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like one of them."

THE RESPONSE:

Verse 3: "*Elijah was afraid and ran for his life*".

He had recently despatched the prophets of Baal to Hades. He created an opportunity to demonstrate that God was more powerful than the non-existent Baal.

1. What went so badly wrong for Elijah?
2. Nazis and members of Isis readily die for their cause.

Do you think God relishes fanatical supporters?

What is the difference between a fanatical supporter and a principled committed follower?

THE CONSEQUENCE:

Verse 4: "*He came to a broom tree, sat down under it and prayed that he might die.*"

Did Elijah suffer some form of breakdown, or was he gripped by terror, or else a deep sense of discouragement? Do you have a feeling of sympathy for him because he appeared to have a loss of faith?

THE SUPPORT AND RECUPERATION:

Verse 5: He lay down and fell asleep. An angel touched him and told him to get up and eat.

What does that infer about Elijah's condition?

Does God expect us to go beyond the point of human endurance on occasions?

Verse 7: The angel came back a second time and touched him and told him to arise and eat, because the journey was going to be too much for him.

Why do you think God persisted with him?

Do you think God persists with those who walk away from him?

Verse 10: What were the circumstances that drove Elijah to feel so discouraged?

Have you ever had a similar experience?

THE CHALLENGE

Where can we find the Good Lord?

Do you think there is a connection between where we find our Lord and how we view Him?

Verses 11 and 12 are two of the most important verses in the Scriptures.

Why?

THE SOLUTION

God did not ask Elijah to pray or sacrifice more.

Verses 19-21 is a recognition that God provides a practical, human solution to Elijah's problem.

Why?