

“Sacred Rhythms and Elijah”

pt1



I KINGS 16:29-17:7

This is Good News!



Invitation from Jesus...



“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Matthew 11:28-30 (The Message)

Life is full of rhythms...



7 Sacred Rhythms



- **Solitude**
- **Honoring the Body (Rest, Exercise, Food)**
- **Scripture and Prayer**
- **Sabbath**
- **Community (family/church/friends)**
- **Serving**
- **Bookending your Day**

Ruth Haley Barton



“I am noticing that the more I fill my life with the convenience of technology, the emptier I become in the places of my deepest longing. I long for the beauty and substance of being in the presence of those I love, even though it is less convenient. I long for spacious, thoughtful conversation even though it is less efficient. I long to be connected with my authentic self, even though it means being inaccessible to others at times. I long to be one who waits and listens deeply for the still, small voice of God, even if it means I must unplug from technology in order to become quiet enough to hear.”

The Times of Elijah and our Times



- **2800** years ago 8thC BC
- **Yahweh:** The One true God
- **Baal:** god of the Canaanites(master/possessor/husband)
- **Elijah:** “The Lord is God”
- **Jezebel:** Queen of Israel (promoter of Baal worship)
- **Ahab:** King of Israel (promoter of Jezebel)
- **Israel:** N. Kingdom living in the rhythms of Baal worship

The Times of Elijah and our Times



- 1. The Israelites were confused & in spiritual bondage.**
- 2. False gods were centre stage.**
- 3. Yahweh was pushed to the fringes.**
- 4. Sexual immorality was rampant.**
- 5. Elijah was calling the people back to God.**

1 Kings 16:29-17:7



Ahab son of Omri began to rule over Israel in the thirty-eighth year of King Asa's reign in Judah. He reigned in Samaria twenty-two years.³⁰ But Ahab son of Omri did what was evil in the LORD's sight, even more than any of the kings before him. ³¹ And as though it were not enough to follow the sinful example of Jeroboam, he married Jezebel, the daughter of King Ethbaal of the Sidonians, and he began to bow down in worship of Baal. ³² First Ahab built a temple and an altar for Baal in Samaria.³³ Then he set up an Asherah pole. He did more to provoke the anger of the LORD, the God of Israel, than any of the other kings of Israel before him.

Cont...



Now Elijah, who was from Tishbe in Gilead, told King Ahab, “As surely as the LORD, the God of Israel, lives—the God I serve—there will be no dew or rain during the next few years until I give the word!”

² Then the LORD said to Elijah, ³ “Go to the east and hide by Kerith Brook, near where it enters the Jordan River. ⁴ Drink from the brook and eat what the ravens bring you, for I have commanded them to bring you food.”

⁵ So Elijah did as the LORD told him and camped beside Kerith Brook, east of the Jordan. ⁶ The ravens brought him bread and meat each morning and evening, and he drank from the brook. ⁷ But after a while the brook dried up, for there was no rainfall anywhere in the land.

The BIG idea...



“Sacred rhythms are rooted in the character of God: God can be trusted!”

