

“Sacred Rhythms and Elijah”

pt4



I KINGS 19:1-9

What's so good about the good news?



- **Jesus empowers us to live a new kind of life.**
- **Sacred Rhythms are the daily, weekly, monthly and yearly practices that help us be transformed by Christ.**

The life of Elijah illustrates these truths...



1 Kings 19:1-9



When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. ² 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.”

³ Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. ⁴ 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!”⁶ 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.

⁷Then 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.”

⁸So 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. ⁹There he came to a cave, where he spent the night.

Going forward...



***Sacred
Rhythms
give us
Strength
for the
Journey***

