



God Speaks to Elijah in a Whisper

1 Kings 19:9-18

BIBLE BACKGROUND
FOR LEADERS

Elijah Runs for His Life

Queen Jezebel had vowed to kill Elijah for showing up her idol Baal. After the events on Mount Carmel, Elijah may have been physically and emotionally exhausted. Rather than relishing another chance to prove God's power over Jezebel, he tired of the fight. Alone and probably in fear, Elijah ran for his life. Even though Elijah's faith was apparently weak at this point, God was faithful and brought food and drink to him in the desert. In fact, Elijah hadn't abandoned God; after eating and drinking, he began a 40-day journey to Horeb, the mountain of God.

Elijah Prays to God

Elijah's statement recorded in 1 Kings 19:10 reveals his feelings. He felt alone, abandoned by the Israelites, and was tired of running and hiding to protect his life. It seemed to him that he was the only one in all the world who truly followed God. Elijah shared his feelings with God, and God responded by promising to bless Elijah with his presence.

God Comes to Elijah

God's lesson to Elijah in all that happened on the mountain may have been in response to something we're not told. But by coming to Elijah in a gentle whisper, God showed Elijah that he wanted him to continue his mission of speaking to the Israelites for him. And Elijah was reminded that God was with him even when the prophet felt utterly alone.

After demonstrating his presence, God continued to lead Elijah on his mission, knowing that Elijah would eventually understand the lesson of the events he'd just experienced.

God Encourages Elijah

After giving Elijah instructions for his next move, God had some encouraging news to keep Elijah going—7,000 others in Israel hadn't worshipped Baal; Elijah wasn't alone in following God. So Elijah was assured not only that God was beside him when he felt alone, but also that thousands of others in Israel were faithful to God. He would never *really* be alone.

The Jesus Connection

When Jesus leads our lives, we are never alone. Even when we're discouraged or lonely, we can experience his presence—and the support and encouragement of other Christians.

Think about a time you felt abandoned by God or by people. How did you receive strength from God or from friends during this trial?

Now think of someone you know who needs encouragement now. Pray for that person to sense God's presence and know that God is always there. You can write your prayer here.



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God Speaks to Elijah in a Whisper—1 Kings 19:9-18

► **Bible Point**—When we feel alone, God is with us.

Key Verse—“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand” (Isaiah 41:10).

Daily Challenges

Choose one or more of these activities to do this week.

- **Come up with something you can do this week to enjoy God’s presence in your own life and overcome loneliness. Pray to God, giving him everything that’s bothering you right now, and then listen for God’s whisper.**
- **If you know someone who’s feeling lonely, share with him or her this week how you’ve turned to God when you’ve been lonely. Let him or her know how those feelings of loneliness become less as he or she grows closer to Jesus.**
- **Find someone you know of who may be suffering from loneliness—for example, a co-worker, a single mom, or an only child—and become a friend to that person. Be the love of Jesus to him or her.**

Through the Week

Use the following passages to explore additional biblical perspectives on loneliness.

Monday—Exodus 3:11-12

- **How do you think Moses felt when he realized God would be with him?**

Tuesday—Joshua 1:9

- **How can God’s presence keep us from being terrified or discouraged?**

Wednesday—1 Kings 19:12-13

- **How do you think experiencing God’s presence affected Elijah’s life? How does God’s presence affect your life?**

Thursday—Psalm 30:2

- **When have you asked God for help and experienced his presence?**

Friday—Matthew 28:19-20

- **How can God’s presence help us share our faith with others?**

Saturday—Psalm 25:15-18

- **How does God’s presence help us live as we should?**

Talk Topics

- **Talk about a time you felt lonely. Describe how you knew where God was. Discuss how you felt when you understood how God helped your pain.**
- **Discuss some of the false messages we think we hear when we’re alone. These could include thoughts about being worthless or unpopular or thinking that no one loves us. How do these feelings compete with God’s love for us?**
- **Why can it be difficult to understand where God is when we feel alone? Discuss things that prevent us from knowing God’s presence when we’re feeling lonely.**

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