

## MESSAGE NOTES: SPIRITUAL REST

**1 Kings 19:1-2** Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. <sup>2</sup> So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."

**1 Kings 19:3-5** Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, <sup>4</sup> while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." <sup>5</sup> Then he lay down under the bush and fell asleep.

**1 Kings 19:5-6** All at once an angel touched him and said, "Get up and eat." <sup>6</sup> He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

**1 Kings 19:7-9** The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." <sup>8</sup> So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. <sup>9</sup> There he went into a cave and spent the night.

## Faith Group Questions

1. What did the Holy Spirit teach or remind you about through this message?
2. Read 1 Kings 19:1-5. Elijah, a man of God, experienced “Post Project Depression” after his great accomplishment on Mt. Carmel (see 1 Kings 18). List some of the factors that led him to fall so hard.
3. In verse 3, it says that Elijah was afraid.  
**Agree or Disagree:** It was sinful for this man of God to feel this way.
  - a. Is it sinful for you to ever feel afraid?
4. Describe a time when you’ve experienced “Post Project Depression”. Are you still going through it right now and if so, what’s causing it?
5. Read 1 Kings 19:5-9. Using these verses, make a list of practical, godly steps to either prepare for the onset of “Post Project Depression” or to help you or someone else get through it.
6. What specifically do you need prayer for?