

**BOOK OF 1 KINGS**  
**ELIJAH'S REJUVENATION**  
**1 KINGS 19:4-18**

**Introduction**

We have seen the normally bold and courageous Prophet Elijah running scared because of the threats of the wicked Jezebel. In our verses tonight we see that Elijah was a day's journey into the wilderness outside of Beersheba where he sat down under a juniper tree requesting that the LORD take his life! (*Vs 4*)

But what I want you to realize here is that **Elijah was in a place where he didn't belong! He was acting in a way that was totally out of the ordinary for him!**

**He was supposed to be somewhere else** because his boss, the LORD, had told him where he was to be and had not issued any additional orders to him!

So it is fitting that the LORD asked him a very simple question twice here in *verse 9 and 13*, "**What doest thou here, Elijah?**" or "**What are you doing here, Elijah?**"

**Elijah was NOT where he should have been! He was out of position, out of character, and out of bounds! His condition mirrors that of many Believers today who are out of God's will for their life!**

As the LORD looks at the mess where many Believers have ended up in their lives, He might rightfully ask the same thing of them, "**What are you doing here?**"

**We saw in our last look at Elijah some possible factors involved in his getting to this low point that we see him in his life?**

**He was physically and emotionally drained!**

**He was focused upon his circumstances instead of on the LORD!**

**He had forgotten about God's promises and previous care of him!**

**He was isolated from other Believers!**

So, last time we saw Elijah under a juniper tree and basically calling it quits!

**BOOK OF 1 KINGS**  
**ELIJAH'S REJUVENATION**  
**1 KINGS 19:4-18**

He says in *verse 4* "*It is enough; now, O LORD take away my life; for I am not better than my fathers!*"

Now understand, that God does answer Elijah's prayer, but NOT in the way Elijah was wanting! God's answer was to get this man of God back to where he belonged... i.e. IN THE WILL OF GOD!

We need to thank the LORD for answering our unwise prayers differently than what we ask for! The LORD knows what is best in our lives!

*Romans 8:26-27 26 Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.*

*27 And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.*

So, let's see how the LORD responded to Elijah's condition and prayer:

**I. WE SEE THE LORD RECHARGE ELIJAH'S BODY! (19:5-8)**  
Elijah cried out to the LORD with his request and then he promptly went to sleep under the juniper tree thinking the LORD would take his life while he slept!

I read where the juniper tree is sometimes referred to as a **broom bush**. It is here that the Lord is going to start sweeping the "*stinkin' thinkin'*" out of Elijah's life and get this man back on his feet physically and spiritually.

Elijah was awakened by the angel of the LORD. Some scholars believe this was a **Theophany** or more properly a **Christophany**—*i.e.* an Old Testament appearance of Jesus Christ.

Now Elijah may have thought he was alone, but he wasn't. We may think that we are alone, especially when we are depressed. But listen, if we know the LORD, we are never alone!

**BOOK OF 1 KINGS**  
**ELIJAH'S REJUVENATION**  
**1 KINGS 19:4-18**

The LORD tells Elijah, "*Arise and eat!*" I'm glad our LORD knows exactly what we need! One of Elijah's great needs was for his physical strength to be renewed—and so the LORD fed him!

Elijah was fed by ravens at Cherith for the period of time he was there! He was fed by the miraculous provisions that the LORD gave the widow of Zarephath for a period of time. (Those two being 3 ½ years)

And now the LORD Himself caters this meal to him in the wilderness. The miracle of this meal will be seen in a moment when we see the supernatural strength it gives Elijah.

Remember how that Elijah had prayed for the LORD to take his life? Well, instead, **the LORD gave him His touch, His provision and His strength!**

Elijah lay back down to rest again and the angel of the Lord came back and touched him a second time. (**Read verse 7**) We see once again the LORD tells him to arise and eat and then the LORD told him that the journey was too great for him.

**There are some great insights we can glean from here!**

1. Our journey in this life is always too great for us in our own strength, that's why we need the LORD! We cannot live in victory when we are going in our own strength! We need the LORD's strength!

*Ephesians 6:10 Finally, my brethren, be strong in the Lord, and in the power of his might.*

2. The LORD knew Elijah was not prepared and equipped to go any further, so He both touches him and feeds him again! The Lord knows us better than we know ourselves! When the LORD touches us and speaks to our heart, we need to humbly submit ourselves to Him!

**BOOK OF 1 KINGS**  
**ELIJAH'S REJUVENATION**  
**1 KINGS 19:4-18**

3. The Word of God is our supernatural spiritual food given to us to strengthen our lives as Believers!
4. The LORD wants us to continually walk with Him and for Him until He decides that our time here on this earth is done!

**What kind of walk does the LORD want for us?**

- a. **A Walk By Faith!**  
*2 Corinthians 5:7—(For we walk by faith, not by sight:)*
- b. **A Walk In Love!**  
*Ephesians 5:2—And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savor.*
- c. **A Walk In The Spirit!**  
*Galatians 5:16—This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.*
- d. **A Walk Being Circumspect! (i.e. Cautious)**  
*Ephesians 5:15—See then that ye walk circumspectly, not as fools, but as wise,*
- e. **A Walk Of Integrity! (i.e. A Worthy Walk!)**  
*Ephesians 4:1—I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called,*
- f. **A Walk Of Christlikeness!**  
*1 John 2:6—He that saith he abideth in him ought himself also so to walk, even as he walked.*

BOOK OF 1 KINGS  
ELIJAH'S REJUVENATION  
1 KINGS 19:4-18

II. WE SEE ELIJAH HEADED TO MT. HOREB! (Vs 8-9)

Elijah ate and drank and then headed to Mt. Horeb.

Now understand that we are NOT told that God led him to go there!

**In fact, it appears that Elijah chose to go there of his own accord!**

I say that because when Elijah got there, this is where the LORD asked him the question twice, "*What doest thou here, Elijah?*"

The word "*Horeb*" means "*desolate; to dry up; to lie in waste.*"

That is where we wind up when we get out of sorts with God and out of the will of God. When we begin to dry up spiritually, we can wind up in a desolate place wasting our life!

I wonder, does that describe you? Are you drying up spiritually and wasting your life away? Are you out of the will of God? Let me ask, "*What are you doing there? Why are you out of God's will?*"

Get back in the Word of God and get back to God and then walk with God again. When you fall down spiritually speaking, get back up!

So why did Elijah head toward Mt. Horeb? *Mt. Horeb* was the ancient name of *Mt. Sinai*. It is also called, "*The Mountain Of God.*"

**This was the place of the burning bush where Moses was called by God! (Exodus 3:1)**

**This was the place God gave Israel water from the rock! (Exodus 17:6)**

**This is the place where Moses received the Law of God! (Exodus 19)**

We are not told Elijah's thinking, but perhaps Elijah hoped to receive something from God in this place like Moses did.

It took **forty days** to get to Mt. Horeb which was about a 200-mile trip.

BOOK OF 1 KINGS  
ELIJAH'S REJUVENATION  
1 KINGS 19:4-18

Normally this would take about 15-20 days. Do you think the problem might be that Elijah was lacking in enthusiasm here? We don't know, but just remember, this is the same guy who ran 20 miles and beat Ahab's horses and chariots back from Mt. Carmel to Jezreel! It really appears as though he is just dragging himself to Mt. Horeb!

What I do know is that when we get out of the will of God, we are not as effective as we once were, especially for the Lord. We make more mistakes and we waste more of our life.

Our life also affects others when we get out of God's will. Think about this...by running, the great revival he saw on Mt. Carmel wound up losing some of its momentum while Elijah was AWOL.

Don't you imagine that Elijah's sudden departure would have been discouraging to the people of Israel! But it would have been a delight for Jezebel! When we get out of God's will, we discourage other Believers, especially new Believers, and we delight the enemies of God!

III. WE SEE THE LORD CHALLENGE ELIJAH THE CAVE MAN! (Vs 9-10)

Elijah went from being a prophet to being a cave man. The LORD spoke to him with a question that should have gotten his attention!

The LORD got right to the point, "*What are you doing here, Elijah?*" Depression can get a person into the wrong place and Elijah is in the wrong place! God did not want Elijah in this cave!

Notice all the "*I's*" in verse ten. When we aren't in a good place we get self-centered rather than God-centered and that is what we see here!

Fear and loneliness still have a grip on Elijah. What God has done for him in the past seems to have escaped him at this moment! Instead, all he can see are his perceived problems!

**BOOK OF 1 KINGS**  
**ELIJAH'S REJUVENATION**  
**1 KINGS 19:4-18**

Elijah brings up Israel's recent past...how:

1. They Forsook The Word of God (covenant)- When you forsake the Word it leads to the next point.
2. They Forsook The Worship of God (altars)- When people leave God's will, they blame their problems on the third point.
3. They Forsook The Workers of God (prophets)- The pastor or other Christians are blamed for problems when the real problem is found in point 1 and 2.

Now, all this was true PRIOR to Mt. Carmel! But what about the revival on Mt. Carmel? Who forsook who after that? He is the one that forsook the people of Israel and left them to Ahab and Jezebel!

**IV. WE SEE THE LORD'S REVELATION TO ELIJAH! (Vs 11-14)**

Now understand that as we look at this that **it appears that Elijah didn't get it!** At least not until he had time to meditate upon it later!

Elijah was told to stand upon the mount and the Lord passed by him. A strong wind divided the mountains and rocks but the Lord was not in the wind.

The earth quaked but the Lord is not in the earthquake.

Fire (possibly lightning) falls but the Lord was not in that either this time! (He was on Mt. Carmel, but not here!)

After the fire there was a still small voice.

God spoke to Elijah in this voice and Elijah wrapped his face in his mantle, and went out, and stood at the opening of the cave!

Then in a still small voice, the whisper of a wondrous God challenges him again, "**What doest thou here, Elijah?**"

**BOOK OF 1 KINGS**  
**ELIJAH'S REJUVENATION**  
**1 KINGS 19:4-18**

And when we think that we'd see Elijah come to his senses at this point, he doesn't. In fact, it appears that he doesn't get it at all! At least not initially! Because he gives the LORD the same lame self-centered answer that he gave him the first time!

We know the voice of the Lord scared and convicted Adam and Eve in Genesis 3:8.

We see in Ezekiel 43:2 where the voice of the Lord is full of majesty and power.

But here, the voice of the Lord quietly whispers to Elijah to help Elijah get back to where he needs to be!

The fact the Lord spoke in a still, small voice teaches several truths.

1. Just because something is small and quiet does not mean that God is not in it.
2. Bigness does not necessarily mean God's presence. It is not the criteria by which we are to judge a work whether it is of God or not.
3. A work is not to be measured by wind, earthquake, fire, by the bombastic and sensational. It is to be measured by the Word of God. God is not interested in turning heads, but in turning hearts.
4. God can use a small Church yielded to Him and His Word. He can use the small, quiet Christian who speaks up for God when it is time to speak.

If you are facing depression and discouragement, you will find the Lord will speak to you in those quiet times with Him if you will let Him. Get alone with God!

*James 4:8 – "Draw nigh to God and He will draw nigh to you!"*

**BOOK OF 1 KINGS**  
**ELIJAH'S REJUVENATION**  
**1 KINGS 19:4-18**

**V. WE SEE ELIJAH'S NEXT ASSIGNMENTS FROM THE LORD!**

**(Vs 15)**

God said Elijah should go to Damascus and anoint Hazael to be the king over Syria.

Hazael would be a rod that God would use to punish Israel for worshipping Baal. He would be a brutal butcher according to *2 Kings 8*.

*2 Kings 8:12— "And Hazael said, Why weepeth my lord? And he answered, Because I know the evil that thou wilt do unto the children of Israel: their strong holds wilt thou set on fire, and their young men wilt thou slay with the sword, and wilt dash their children, and rip up their women with child."*

God got Elijah out of the depression by getting him busy with a new assignment and goals. Getting busy for God can be a great help to lift us up when we are low too!

**(Vs 16-18)**

Elijah was to anoint Jehu to be king over Israel. He would be the tool of chastening upon Ahab's house. We will see when we get into *2 Kings 9* that Jehu will kill Ahab's son, Jehoram.

*2 Kings 9:24— "And Jehu drew a bow with his full strength, and smote Jehoram between his arms, and the arrow went out at his heart, and he sunk down in his chariot."*

Jehu will order Jezebel thrown out of a window (*2 Kings 9:33-35*) and he would have the remainder of Ahab's family and friends destroyed.

*2 Kings 10:11— "So Jehu slew all that remained of the house of Ahab in Jezreel, and all his great men, and his kinsfolks, and his priests, until he left him none remaining."*

Elijah was also to anoint Elisha as his successor.

**BOOK OF 1 KINGS**  
**ELIJAH'S REJUVENATION**  
**1 KINGS 19:4-18**

**Conclusion**

After the Lord gave Elijah his assignment, He enlightened him by telling him he was not as alone as he thought he was. Elijah thought he was all alone in Israel when it came to following the LORD. But the LORD revealed to Elijah there were 7000 others who had not worshiped Baal or kissed Baal!

So Elijah was wrong in his two pity parties when he said in *vs 10 and 14* "...and I, even I only, am left; and they seek my life, to take it away."

We might say, "get off of your high horse" Elijah, because you may think that you had it all right, but on this count you were wrong!

Elijah had wanted the LORD to be done with Him, but the LORD is the one that gets to choose when He is done with us! So "suck it up buttercup" and just stay busy for the LORD until He calls us home! Amen!