

Copyright © Simon G. Harris 2014  
Scripture quotations taken from the HOLY  
BIBLE, NEW INTERNATIONAL VERSION.  
Copyright © 1973, 1978, 1984 by  
International Bible Society. Used by  
permission

# RISE UP!

## 5. The Low

#timetoriseup  
@burlington\_ips  
@simongharris

RISE UP!

# Elijah's wanting to die

depressed, disillusioned, despairing

1 Kings 19:4

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."

21. You can be honest with yourself

RISE UP!

# Elijah's wanting to die

depressed, disillusioned, despairing

Isaiah 9:6

For to us a child is born, to us a son is given,  
and the government will be on his shoulders.

And he will be called

Wonderful Counsellor, Mighty God,  
Everlasting Father, Prince of Peace.

2. You can be honest with yourself

# God's prescription for Elijah ...

RISE UP!

## 1. Sleep

**1 Kings 19:5-6**

**Then he lay down under the bush and fell asleep.  
... He ate and drank and then lay down again.**

# God's prescription for Elijah ...

RISE UP!

## 2. Food

1 Kings 19:5-6

All at once an angel touched him and said, "Get up and eat." 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.

# God's prescription for Elijah ...

RISE UP!

## 3. Space

**1 Kings 19:7-8**

**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.**

# God's prescription for Elijah ...

RISE UP!

## 4. His presence

**1 Kings 19:7-8**

**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.**

# God's prescription for Elijah ...

RISE UP!

## 5. Address the issue

1 Kings 19:9

There he went into a cave and spent the night.  
And the word of the Lord came to him: 'What are  
you doing here, Elijah?'



# God's prescription for Elijah ...

RISE UP!

## 5. Address the issue

1 Kings 19:10

He replied, 'I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.'

# God's prescription for Elijah ...

RISE UP!

## 5. Address the issue

**1 Kings 19:1-2**

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 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.'

# God's prescription for Elijah ...

RISE UP!

## 6. His gentle whisper

1 Kings 19:12

After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper

# God's prescription for Elijah ...

RISE UP!

## 6. He's re-commissioned

1 Kings 19:1-2

The Lord said to him, 'Go back the way you came,  
... Yet I reserve seven thousand in Israel - all  
whose knees have not bowed down to Baal and  
whose mouths have not kissed him.'

RISE UP!

