



ALONE AND ANXIOUS

READ 1 KINGS 19:1-18

Everything was going right for Elijah. He had obeyed God and had seen God do incredible things in his life. But then the bottom dropped out and Elijah was in the wilderness—exhausted, depressed, anxious, and alone.

We can relate with Elijah. In our anxiety, our fear, our weariness, and our uncertainty, it can be tempting to give up. But God was still walking with Elijah even though he was afraid, and his story can shape our prayers in this season.

Rest (vv. 3-9)

In the wilderness, Elijah told God, “I’ve had enough.” He was ready to give up. But God didn’t scold him or push him forward. God let Elijah sleep, eat, sleep, and eat.

Sometimes, what you need most when you are afraid is to rest and refuel. God created your body, and He knows what it needs. Are there physical needs that are preventing you from experiencing God’s peace and presence? Pray that He would reveal what you need and provide for your physical needs.

Reassurance (vv. 9-13)

After letting Elijah rejuvenate, God sent him on a 40-day journey to a mountain. There were no quick answers or instant fixes for Elijah. And on the mountain, God still didn’t

push or punish Elijah. He just showed up. Not in the powerful wind. Not in the frightening earthquake. Not in the consuming fire. God revealed Himself to Elijah in a gentle whisper.

Do you see destruction, sorrow, and chaos around you and wonder where God has gone? Ask Him to lead you to His whisper. Find a place where you can hear clearly and pray that the Holy Spirit will remind you that He is near. Remember—it might be a longer process than you’d like, but God’s timing is always perfect.

Redeploy (vv. 13-18)

Finally, God asked, “What are you doing here?” Elijah felt alone. It’s too much, too hard. But God’s response is unexpected. God sent Elijah back to work. He still had some hard things for Elijah to do. And God reminded Elijah that he was not alone; there were 7,000 more like him. Elijah was so focused on himself that he missed God’s bigger picture.

In this time of isolation, it’s easy to believe we’re all alone. Pray that God will remind you of the people He has around you, then ask Him to show you what purposes He has for you in this season. Ask God to direct you, then pray for the courage to obey Him, even if He’s leading you into hard things, because His plans are good and worthy.