

## **3ABN SABBATH SCHOOL PANEL**

**007 - LESSON – Sunday – May 6**

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**THE QUARTERS LESSON: Growing in a Relationship With God**

## **THIS WEEKS LESSON: Practical Prayer**

**MEMORY TEXT: Psalm 62:8 (NKJV) “Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us. Selah”**

What is your prayer life like? How often do you pray? How fervently? How expectantly? Do you pray daily or only in emergencies? Are your prayers always asking for something, or do you praise God in your prayers as well?

### **Elijah—Praying in Crisis**

**1 Kings 16:33 (NKJV) “And Ahab made a wooden image. Ahab did more to provoke the LORD God of Israel to anger than all the kings of Israel who were before him.”**

Faithful Elijah lived in evil times, with King Ahab doing more “to provoke the Lord God of Israel to anger than all the kings of Israel who were before him” (*1 Kings 16:33, NKJV*). By far the most dramatic moments in his life came with the confrontation at Mount Carmel (see *1 Kings 18*). At the climax of this incredible story, Ahab and his kingdom saw with their own eyes the truth that God answers prayer. This was an unforgettable moment in Israel’s history and is why the sudden change of events in this story catches us by surprise.

**Read 1 Kings 19:1–18, specifically noting Elijah’s prayers and God’s interaction with him. What is at the heart of Elijah’s dejection here? How is God’s response different from what happened at Mount Carmel?**

**1 Kings 19:1-18 (NKJV) “And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. (2) Then Jezebel sent a messenger to Elijah, saying, “So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time.” (3) And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there. (4) But he himself went a day’s journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, “It is enough! Now, LORD, take my life, for I am no better than my fathers!” (5) Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, “Arise and eat.” (6) Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. (7) And the angel of the LORD came back the second time, and touched him, and said, “Arise and eat, because the journey is too**

great for you.” (8) So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God. (9) And there he went into a cave, and spent the night in that place; and behold, the word of the LORD came to him, and He said to him, “What are you doing here, Elijah?” (10) So he said, “I have been very zealous for the LORD God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.” (11) Then He said, “Go out, and stand on the mountain before the LORD.” And behold, the LORD passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; (12) and after the earthquake a fire, but the LORD was not in the fire; and after the fire a still small voice. (13) So it was, when Elijah heard it, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice came to him, and said, “What are you doing here, Elijah?” (14) And he said, “I have been very zealous for the LORD God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.” (15) Then the LORD said to him: “Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael as king over Syria. (16) Also you shall anoint Jehu the son of Nimshi as king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint as prophet in your place. (17) It shall be that whoever escapes the sword of Hazael, Jehu will kill; and whoever escapes the sword of Jehu, Elisha will kill. (18) Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him.”

Sometimes in our lives, God answers in very direct, powerful, and undeniable ways. This strengthens our faith, and we feel the closeness of God in our lives.

### **1. Elijah’s dejection is rooted in exhaustion after spiritual victory**

At Mount Carmel, Elijah stood in bold faith; in the wilderness, he collapses under emotional and physical fatigue.

- He had poured himself out completely (prayer, confrontation, intercession).
- Victory did not bring rest—it exposed his limits.
- His prayer, “*It is enough... take my life*” (v.4), reveals burnout, not unbelief.

**At the heart:** Elijah is depleted, not faithless.

**Difference from Carmel:** God had answered with **fire** there; here He begins with **rest**.

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### **2. Elijah feels isolated and believes he is alone**

Elijah’s repeated claim—“*I alone am left*” (vv.10, 14)—shows distorted perception caused by fear and discouragement.

- Jezebel’s threat made him feel abandoned and ineffective.
- He interprets opposition as failure.
- His prayer reflects despair over results, not doubt about God’s power.

**At the heart:** A loneliness that clouds perspective.

**Difference from Carmel:** At Carmel, Elijah stood publicly before Israel; here, God meets him privately to correct his thinking.

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### **3. Elijah expected God to act dramatically again—but God chose gentleness**

Elijah encounters wind, earthquake, and fire—but God is in **none** of them (vv.11–12).

- Elijah may have expected another spectacular intervention.
- Instead, God speaks through a *still small voice*.
- This teaches Elijah that God’s work continues quietly, not only through visible triumphs.

**At the heart:** Disappointment that God’s methods didn’t match Elijah’s expectations.

**Difference from Carmel:** God moved through **public power** there; here He works through **personal presence**.

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### **4. God responds with reassurance, purpose, and perspective—not rebuke**

God does not scold Elijah for fear or despair.

Instead, He:

- Sustains him physically (food and rest)
- Listens to his complaint (twice)
- Recommissions him with new assignments (vv.15–17)
- Reveals that Elijah is **not alone** (v.18)

**At the heart:** Elijah needed renewed meaning, not correction.

**Difference from Carmel:** Carmel ended with national repentance; Horeb ends with **personal restoration**.

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Other times we waver and give in to temptation, thinking that it’s too hard to follow God with unswerving faith. We look for God’s answers in ways we expect Him to respond, not realizing that His thoughts and ways are far higher and wiser than our own (*Isa. 55:8, 9*). Just as there is much about God’s creation that we don’t understand, we shouldn’t be surprised that there is much about God’s ways that we don’t understand either.

**Isaiah 55:8-9 (NKJV) “(8) “For My thoughts are not your thoughts, Nor are your ways My ways,” says the LORD. (9) “For as the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts.”**

Just as there is much about God’s creation that we don’t understand, we shouldn’t be surprised that there is much about God’s ways that we don’t understand either.

God, our good and kind Father, knows exactly what you need. How can you be still enough to trust Him and keep your eyes steadfast on Him through it all? Talk to Him about this now