

A MELTDOWN ON THE MOUNTAIN

1 Kings 19:1-18

The Crime: Elijah gives up.

The Investigation: Elijah stood up to the evil king and queen again and again, but the battle never seemed to end. After showing the courage to confront the king and his evil ways and winning a battle against the prophets of other gods, Elijah continues to be pursued by the queen, who wants him dead. In fear and desperation, Elijah flees to the wilderness to hide. There, he states to God his readiness to give up. God, however, has other plans.

☐ **Monday: Read 1 Kings 19:1-3.**

When have fear or exhaustion made you want to give up on something important?
What did you do next?

☐ **Tuesday: Read 1 Kings 19:4.**

How honest are you with God about your struggles, exhaustion, or discouragement?
What holds you back from being even more real with God?

☐ **Wednesday: Read 1 Kings 19:5-8.**

What simple ways has God provided for you in tough seasons of life — maybe even in ways you didn't recognize at first?

☐ **Thursday: Read 1 Kings 19:9-13.**

In the noise of life, what can help you quiet your heart enough to hear God's gentle whisper?

☐ **Friday: Read 1 Kings 19:13-18.**

When you feel isolated or discouraged, what helps you remember that God has placed others around you to walk with you? How can you find or reconnect with those people when you need support?

☐ **Saturday: Read Galatians 6:9.**

Where do you most need to hear God's encouragement today: "Do not give up"?

The Verdict: You may feel like you are all alone. You may feel like you can't continue to stand for what is right and good. You may be ready to give up. In these moments, be still and listen. Be honest with God. God hasn't abandoned you. God will provide for you.

The Lesson: Do not give up. God needs you to keep standing up to evil and injustice, and God will not abandon you.