

## Eliyahu ~ Part 11

In my last post, **Eliyahu** encounters **The Enemies Message of Danger in 1 Kings 19:1-4**. In this post, **Eliyahu** hears **The Angels Message of Grace in 1 Kings 19:5-8**.

### Don't Worry Eliyahu; I Have Your Back

Recall that in our last passage **Eliyahu** ran from **Izevel**, sat under a broom tree, prayed and pouted and ask God to relieve his misery by taking him home. I can certainly relate to him given his immediate circumstances.

***"<sup>5</sup> Then he lay down under the broom tree and went to sleep. Suddenly, an angel touched him and said to him, "Get up and eat!" <sup>6</sup> He looked, and there by his head was a cake baked on the hot stones and a jug of water. He ate and drank, then lay down again. <sup>7</sup> The angel came again, a second time, touched him and said, "Get up and eat, or the journey will be too much for you." <sup>8</sup> He got up, ate and drank, and, on the strength of that meal, traveled forty days and nights until he reached Horev the mountain of God."*** ~ 1 Kings 19:5-8 (CJB)

God's miraculous provision was resumed, this time purely for the prophet. After **Eliyahu** ate and rested, he returned to the place where the covenant had been given to **Moshe, Mount Horev**. There, **Eliyahu** would have his faith renewed by God's presence.

When the heart is heavy, and the mind and body are weary, sometimes the best remedy is sleep - take a nap! Nothing seems right when you're exhausted. But while the prophet was asleep, the Lord sent an angel to care for his needs.

The angel had prepared a simple but adequate meal of fresh bread and refreshing water, and the prophet partook of both and lay down again to sleep. We aren't told how long the Lord permitted **Eliyahu** to sleep before He awakened him the second time and told him to eat. The Lord knew that **Eliyahu** planned to visit **Mount Horev**<sup>1</sup>, one of the most sacred places in all Jewish history, was located about 250 miles from **Be'er-Sheva**, and he needed strength for the journey. **Eliyahu** obeyed the messenger of God and was able to travel for forty days and nights on the nourishment from those two meals.

When we review God's ministries to **Eliyahu** as recorded in 1 Kings 18 and 19, you see a parallel to the promise in Isaiah 40. ***"But those who hope in Adonai will renew their strength; they will soar aloft as with eagles' wings; when they are running, they won't grow weary, when they are walking they won't get tired."***

~ Isaiah 40:31 (CJB)

For three years, the prophet had been hidden by God, during which time he ***waited on the Lord***. When the Lord sent him to **Mount Karmel**, He enabled **Eliyahu** to ***soar aloft as with eagle's wings*** and triumph over the prophets of **Ba'al**. After **Eliyahu** prayed and it began to rain, the Lord strengthened him ***to run and not be weary*** (18:46), and now He sustained him for forty days, so he could walk and ***not get tired*** (19:8).

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<sup>1</sup> **Horev** is another name for **Mount Sinai**. If Sinai is to be found down in the southern region, he must travel another two hundred plus miles and could therefore easily take forty days. It is true that a caravan could often make seventeen to twenty miles a day, but **Eliyahu** is not accustomed to this type of travel and is traveling on his own. Five miles per day under such conditions in this climate would not be unusual. ~ The IVP Bible Background Commentary – Old Testament.

**Elijah** wasn't wholly living in the will of God, but he was smart enough to know that he had to wait on the Lord if he expected to have the strength for the ministry and for the journey that lay before him.

In my next post, we continue to explore the Biblical story of **Elijah**. In this passage, **Elijah** hears the **Creator's Message of Power** in **1 Kings 19:9-14**.