

Is there light at the end of the tunnel?

I Kings 19:1-18

Introduction: Is there light at the end of the tunnel or is it the light of an oncoming train?

Body: Pay attention to Elijah's mental health throughout the whole narrative.

- The victory?
- The question
- The theophany
- The new assignment

Three learning points:

1. Compassionate - even in our state of burnt out, God remains compassionate and he cares for our welfare and recovery.
2. Common - God can be present in the powerful and the dramatic but he is also at work in common and ordinary ways.
3. Committed - God is committed to working out his perfect will. Are we committed to co-labour with him even when we do not experience success?

Conclusion: Even if we are still in the tunnel and the end is nowhere in sight, let the light of Christ penetrate the darkness, the light of His Spirit bring us comfort, and the light of His Word direct us.

Discussion Questions

1. Identify all the signs that shed light on Prophet Elijah's mental health after his victory on Mount Carmel.
2. In what ways did God intervene to help Elijah recover? Can these ways be helpful to us when our mental health is not in a good state?
3. Share an incident when God showed up in a dramatic way. Share a time when God spoke to you in a quiet way. How often do you practise the spiritual discipline of silence and solitude?
4. Are you discouraged over your present ministry? Identify the sources of your discouragement. How can you rise above them so that you'd still have the joy of serving the Lord?
5. For someone going through a tunnel of crisis, what resources are at their disposal so that they can remain calm and steadfast to the Lord?

Ps Lee Kien Seng
14 August 2022