



WK 1 | RUN FOR YOUR Life

JEREMY BELL, TEACHING PASTOR

1 KINGS 19:1-4 (NIV)

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 2 So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." 3 Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."

MATTHEW 11:28 (NIV)

"Come to me, all you who are weary and burdened, and I will give you rest."

Notes (STUFF THAT STICKS OUT TO ME)

ALL in, TOgETHER.

2026 Weekly Budget: \$11,375
Given October 4th: \$14,530
Difference: \$3,155

2026 Annual Budget: \$591,474
2026 Budget YTD: \$455,000
2026 Given YTD: \$460,036
Difference: \$5,036

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AND EVERYONE IS WANTED...INCLUDING YOU.

DiGging DEEPER (SOME IDEAS TO PUT IT INTO PRACTICE)

QUESTIONS TO PONDER:

In verse 4, Elijah asks God to take his life. What does this teach us about how even faithful people can experience discouragement? How did God care for Elijah's physical needs before addressing his spiritual and emotional needs? What can we learn from this?

Elijah believed he was all alone. Why is loneliness sometimes able to distort our perspective? Have you experienced this?

What has been stressing you out lately? Which part of Elijah's experience in 1 Kings 19 do you relate to most: fear, exhaustion, loneliness, hearing God, or receiving a new purpose? Why? How does this chapter encourage you?

A VERSE TO MEMORIZE:

Matthew 11:28 (NIV) - "Come to me, all **YOU** who are weary and burdened, and I will give you rest."



TAKE A STEP:

Isolation always eventually leads to discouragement and burnout. Take a risk this week and be intentional about connecting with other believers and join a group or team!

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