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## Out of the Cave

(John 12:46 NIV) I have come into the world as a light, so that no one who believes in me should stay in darkness.

(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. 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.” Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 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.”

(1 Kings 19:5-8 NIV) Then he lay down under the bush and fell asleep. All at once an angel touched him and said, “Get up and eat.” He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the LORD came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

### 1. Step into a needed recovery.

“We were never designed for the sedentary, indoor, socially isolated, fast-food laden, sleep-deprived, frenzied pace of modern life.”

Stephen Ilardi – Author, *The Depression Cure*

Find the pace of grace.

(Psalm 90:12 LB) Teach us to number our days and recognize how few they are; help us to spend them as we should.

(1 Kings 19:9-12 NIV) There he went into a cave and spent the night. And the word of the LORD came to him: “What are you doing here, Elijah?” He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.” The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.

## 2. Step into a God encounter.

We look for the dynamic, but God is in the intimate.

(Psalm 73:16-17 NIV) When I tried to understand all this, it troubled me deeply till I entered the sanctuary of God.

(1 Kings 19:13-14 NIV) When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, “What are you doing here, Elijah?” He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”

## 3. Step into a true identity.

No one can make you feel inferior without your consent.

~Eleanor Roosevelt

Choose carefully who you listen to.

(1 Kings 19:15-18 NIV) The LORD said to him, “Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him.”

#### 4. Step into a new assignment.

(Proverbs 29:18 KJV) Where there is no vision, the people perish.

(2 Corinthians 4:16-18) Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

“Life is never made unbearable by circumstances, but only by lack of meaning and purpose.”

~Victor Frankl

(1 Kings 19:19 NIV) So Elijah went from there and found Elisha son of Shaphat. He was plowing with twelve yoke of oxen, and he himself was

driving the twelfth pair. Elijah went up to him and threw his cloak around him.

## 5. Step into a relational strength.

Show me your friends and I'll show you your future.

(1 Corinthians 4:14-16 NIV) I am not writing this to shame you, but to warn you, as my dear children. Even though you have ten thousand guardians in Christ, you do not have many fathers, for in Christ Jesus I became your father through the gospel. Therefore I urge you to imitate me.

Every pastor needs a pastor.

Every church needs a tribe.