

# UNEARTHED

Digging beneath the surface and bringing our whole selves before God.

## **Elijah: “Crippled by Fear”**

### **Day 1:**

Imagine coming off an extreme spiritual and emotional high—a literal mountaintop experience—and you’ll start to get an idea of where Elijah finds himself in our Scripture for this week. You might be prone to imagine that Elijah, who had just seen God throw fire down from heaven, defeated about 500 false prophets, turned people’s hearts back to God, confronted a wicked king, and predicted rain after a three-year drought, must have been completely and fully alive and joyful. But he wasn’t. He was gripped by fear and on the run. The events on Mount Carmel had made Elijah the king’s (and more importantly, the queen’s) Public Enemy #1. And Elijah was feeling the weight of it all crashing down on him.

### **Read 1 Kings 19.**

As you read today, pay attention to Elijah’s mindset through his words and responses to the angel and to God. Notice how God speaks to Elijah and what is provided for him. Think of a time when you or someone you love has been gripped by fear. As you look back on it, do you get a sense that God took care of you? How did He do it? How does this story impact your view of God’s care for us when we are afraid?

### **Day 2:**

Throughout Scripture, God met people to strengthen and encourage them, and to give them hope and courage. As you read, notice how God meets people and how we can respond.

**Deuteronomy 31:7-8**

**Luke 1:26-33, 46-55**

**Exodus 34:1-9**

**John 14:22-29**

**Psalms 23**

Which passage impacted you the most? Why?

What might God be showing you about your own fear? How is He strengthening and encouraging you?

**Day 3:**

Today we will spend some time looking at our own story to see where Elijah's fear can be a mirror for our own lives. As you begin, look back over 1 Kings 19.

- Where do you see yourself in this story? How have both mountain-top and valley experiences affected your relationship with God?
- God gave Elijah rest and nourishment, a mission to do, and a friend to do it with in response to Elijah's despondence. Describe a time you can remember God providing one or more of those things to you.
- Twice in the story, God asked Elijah what he was doing there. What if God asked you that question? How would you answer Him based on the reality of your story?
- When has fear driven you into isolation? How has having (or being) a good friend changed your outlook on your circumstances?

**Day 4:**

Sometimes, what we're afraid of can lie under the surface of what we perceive. One of the ways to allow God to give us courage is to unearth those fears and see them for what they are.

Take time today to explore those fears with God's help and His grace through a practice called Fear Mapping in week 7 of the *Unearthed* workbook.

**Day 5:**

As we've looked at Elijah's story this week, we've seen how both good and bad experiences can drive us to a place of isolation and fear. We've explored Scriptures that have shown us that God is never far from us, nor will He ever abandon or forsake us.

**Look back over your notes from this week.**

What do you notice?

What new thing did God reveal to you?

How has God spoken to you through Scripture or the discoveries you've made?

What's God inviting you to as a result?

**Consider...**

Asking yourself the question, "What are you doing here?" each day this week, especially in the midst of an anxious situation. By stopping to name a fear or worry, you can give God room to work in that reality. You can clarify your answer with these additional questions:

- Where will you end up?
- Where do you want to be?
- What are you looking for to satisfy you?