



BOMBARDED WITH THOUGHTS

JULY 21, 2025

1 KINGS 19:4 NKJV – (4) But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, Lord, take my life, for I *am* no better than my fathers!"

Elijah had the Baal priests slain, after they lost a contest with him to see which god would heed prayers to ignite a bull offering, Baal or Yahweh. When Jezebel heard of the slaughter, she angrily swore to have Elijah killed, ***forcing him to flee for his life***. Like you and I today, the enemy bombards us with thoughts. Thoughts of discomfort. But how many know that God will not leave you or forsake you. He will provide, protect and replenish (renew your mind).

God comforts Elijah in the desert by providing food and water, and by giving him a vacation to recharge:

Food and water - God sends ravens to bring Elijah bread and meat twice a day while he hides by a brook. When the brook dries up, God sends Elijah to a widow in Zarephath, where she provides for him and her family.

Vacation - God gives Elijah a vacation to get recharged physically and emotionally. Elijah had been so busy helping others that he neglected himself.

Angel - An angel touches Elijah and tells him to get up and eat. Elijah finds a cake and a jar of water by his head. After eating and drinking, he feels strong and is able to walk for 40 days and nights to Mount Horeb.

Calm voice - Elijah hears a calm, low voice that may have come from the same spirit that delivered "Jehovah's word"

Bombarded with thoughts? Elijah was and in a desperate way! He was experiencing a serious case of anxiety! Again, bombarded with thoughts? Come to Jesus.

SCRIPTURE READING: 2 CORINTHIANS 3:1-4

THOUGHT FOR THE WEEK: "We generate fears while we sit. We overcome them by action."