



# HOW TO GET OUT OF A RUT

I KINGS 19

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**Now Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and even more, if I do not make your life as the life of one of them by tomorrow about this time." And he was afraid and arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.**

**I Kings 19:1-3 (NASB)**

**But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, "It is enough; now, O Lord, take my life, for I am not better than my fathers."**

**I Kings 19:4**

**He lay down and slept under a juniper tree; and behold, there was an angel touching him, and he said to him, "Arise, eat." Then he looked and behold, there was at his head a bread cake baked on hot stones, and a jar of water. So he ate and drank and lay down again. The angel of the Lord came again a second time and touched him and said, "Arise, eat, because the journey is too great for you." So he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mountain of God.**

**I Kings 19:5-8**

**Then he came there to a cave and lodged there; and behold, the word of the Lord came to him, and He said to him, "What are you doing here, Elijah?" He said, "I have been very zealous for the Lord, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away."**

**1 Kings 19:9-10**

**So He said, "Go forth and stand on the mountain before the Lord." And behold, the Lord was passing by! And a great and strong wind was rending the mountains and breaking in pieces the rocks before the Lord; but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake. After the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of a gentle blowing.**

**I Kings 19:11-12**

**So He said, "Go forth and stand on the mountain  
Elijah heard it, he wrapped his face in his mantle  
and went out and stood in the entrance of the  
cave. And behold, a voice came to him and said,  
"What are you doing here, Elijah?" Then he  
said, "I have been very zealous for the Lord, the  
God of hosts; for the sons of Israel have  
forsaken Your covenant, torn down Your altars  
and killed Your prophets with the sword. And I  
alone am left; and they seek my life, to take it  
away.**

**I Kings 19:13-14**

**The Lord said to him, "Go, return on your way to the wilderness of Damascus, and when you have arrived, you shall anoint Hazael king over Aram; and Jehu the son of Nimshi you shall anoint king over Israel; and Elisha the son of Shaphat of Abel-meholah you shall anoint as prophet in your place. It shall come about, the one who escapes from the sword of Hazael, Jehu shall put to death, and the one who escapes from the sword of Jehu, Elisha shall put to death. Yet I will leave 7,000 in Israel, all the knees that have not bowed to Baal and every mouth that has not kissed him."**

**I Kings 19:15-18**