

Character Counts: Building a Life That Pleases God

Coping with the “Slough of Despond”

1 KINGS 19



The Heart of the Matter

“You will break the bow, if you keep it always bent.” So goes an ancient Greek saying. Perhaps it was because of Elijah’s “bent bow” that he finally broke under the strain. In 1 Kings 19, we find him disillusioned, downcast, and discouraged. But why? And in light of his depression, how did God deal with His broken servant? Elijah’s story helps us understand how we can handle those days when we, too, get discouraged.



Discovering the Way

1. The Henpecked Husband (1 Kings 19:1)

King Ahab of Israel ran to his wife for a decision about Elijah.

2. The Domineering Wife (1 Kings 19:2)

Jezebel vowed to kill Elijah for his role in the demise of Baal’s prophets.

3. The Defeated Prophet (1 Kings 19:3–4)

Elijah feared for his life, ran, and hid from Queen Jezebel in the desert. Once there, he despaired and asked God to take his life.

4. The Faithful God (1 Kings 19:5–21)

God revealed Himself to Elijah, providing him refreshment, His presence, and a companion.

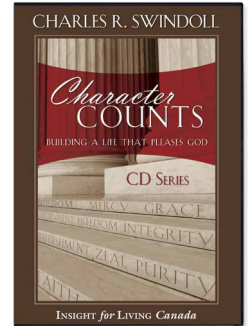


Starting Your Journey

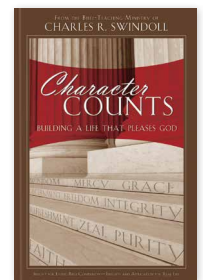
Elijah’s story reminds us of three things: *we must recognize our neediness, we must reach out for friends, and we must remember to give God thanks and devotion.*



Tools for Digging Deeper



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