

You Are Not Alone
I Kings 19

Week 1 in *My Anxious Thoughts Series*
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You are _____ in your anxious thoughts.

Anxiety can grip you, even if you are:

- * Experiencing _____. (1 Kings 18)

- * _____. (1 Kings 17, James 5:16-18)

God's response to Elijah's anxiety (1 Kings 19):

- * God cares for him _____, not just spiritually. (vv. 5-8)

- * God is _____, not harsh. (v. 12)

- * God speaks _____ to him. (vv. 15-18)

Remember!

To allow God to change our hearts, we need to meet with Him. *The Daily Connections (Good Morning God, Spiritual Boost, Good Night Review)* open up our lives to allow God to change us from the inside out.

Good Morning God is to be done when we first wake up in bed at the beginning of every day. Your *Spiritual Boost* connects you with God's words in the Bible during the day sometime when you have 10 minutes of quiet. Finally, you finish your day with *Good Night Review*, and you allow God's joy and forgiveness to come to you as you drift to sleep.

These three spiritual exercises take only 20 minutes each day, and they have been part of following Jesus for many of Jesus' followers over the last 2000 years. Try it yourself and see how your relationship with God deepens and how you are fundamentally changed by spending time with God!

Spiritual Boost Bible Readings

Day 1: 1 Kings 19:1-3

- ✳️ Elijah was threatened, and he ran away in fear. Is there a situation that has you anxious or upset right now? Are you trying to avoid it? Tell God your feelings, and thank Him for understanding how you feel.

Day 2: 1 Kings 19:5-8

- ✳️ When Elijah was sleeping in the wilderness, the angel of the LORD gave him food and water to strengthen him. Are you caring for your body well? Ask God to strengthen your body and your soul today.

Day 3: 1 Kings 19:9-14

- ✳️ Why did God ask Elijah something He already knew? Twice? Pause to ask God if He has a question for you, then take time to listen.

Day 4: 1 Kings 19:11-13 (part of yesterday's reading)

- ✳️ Instead of speaking through a windstorm, an earthquake, or a fire, God spoke to Elijah with "a gentle whisper." What does this reveal about God's interactions with you when you are anxious and fragile?

Day 5: 1 Kings 19:14-18

- ✳️ Elijah thought he was the only prophet left. God told him about Elisha and about 7,000 other God-followers. Ask God to show you truth in a situation you might be misunderstanding. Pause to listen in stillness.