

Restored By Rest | Luke Dahlenburg

Bible Reading: 1 Kings 19:1-8, Psalm 4:8 & Lamentations 3:21-23

READING

1 Kings 19:1-8

¹ Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ² So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." ³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." ⁵ Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." ⁶ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. ⁷ The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." ⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

Psalm 4:8

⁸ In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.

Lamentations 3:21-23

²¹ Yet this I call to mind and therefore I have hope: ²² Because of the Lord's great love we are not consumed, for his compassions never fail. ²³ They are new every morning; great is your faithfulness.

OUTLINE

Psalms On Sleep

Psalm 126:2 (Ecclesiastes 8:16)

Psalm 121:4 (Mark 4:27)

Psalm 3 (Genesis 15:12)

Elijah And Sleep

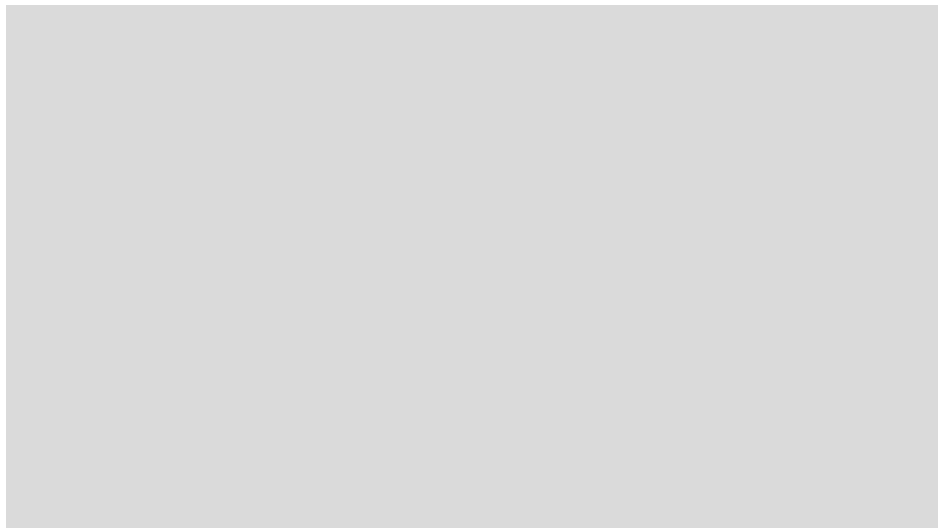
Waking Up To God's Mercy

John 11:11, Colossians 4:2,

Romans 13:11-14, Lamentations 3:21-23

MY ONE THING

What's one thing that struck, challenged, or encouraged you today? Take 60 seconds to write it down. Then share it over morning tea.

A large, empty gray rectangular box intended for the user to write their response to the prompt. It occupies the majority of the lower half of the page.