



THESE NOTES GET REPLACED EVERY MONDAY, SAVE OR SCREENSHOT IF YOU'D LIKE A COPY!

Sunday, July 26, 2026

Rest... for the Next Journey

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Text: 1 Kings 19:1-11

1. Life is Exhausting (v. 1-4)

- Even a life spent faithfully serving God can leave us physically, emotionally, and spiritually depleted.
- Exhaustion makes us vulnerable.
- **FEAR = False Evidence Appearing Real**
- When we're exhausted:
 - Fear grows.
 - Discouragement increases.
 - We make poor decisions.
 - We can miss what God wants to do next.

2. God's Rest Gives You the Strength for God's Journey (v. 5-9)

- Elijah received exactly what he needed:
 - Sleep
 - Food
 - Strength
 - Time
- We need the Strength that Comes from God's Rest
 - God's rest prepares us for the next chapter of obedience.
 - Rest is not a luxury. It is essential.
 - God designed our bodies to function best when they are regularly rested.
 - Physical rest often prepares us for spiritual renewal.

3. God's Presence Gives You Direction (v. 9-11)

- God didn't simply restore Elijah's body. He restored his purpose.
 - We need the strength that comes from God's rest and the direction that comes from God's presence.
- God desires an unbroken, daily, personal relationship with us.

- His presence is our greatest need.
 - Our presence with Him is His great desire.
 - Everything flows from the presence of the Lord.
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Application

Ask yourself:

- Am I exhausted?
- Am I making decisions from fear or from faith?
- Am I intentionally receiving God's rest?
- Am I spending daily time in God's presence?
- Am I ready for the next chapter God has prepared for me?

Final Challenge

Are you ready?

God has already prepared the next leg of your journey. Rest in Him. Walk in His presence. Then follow wherever He leads.

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