

“Get Up!...And Keep Running for God”  
Small Group Bible Study  
May 27, 2007

**Read:** 1 Kings 19:1-9

**Reflect:** Describe a time when you were so overwhelmed (with fear, anxiety, or exhaustion) that you said, “That’s it...I’ve had enough.”

**Dig:** Trace Elijah’s mood/emotions as recorded in 1 Kings 18:46; 19:3; 19:4. Have you seen this same progression in your life? What is significant about the last phrase of verse 3 especially in light of Elijah’s intent (verse 4)? Does God’s response (through the angel) surprise you? What is He saying to Elijah? Why does He have to come to Elijah twice? Compare this passage to Hebrews 12:1-3.

**Apply:** God didn’t dismiss Elijah nor did he coddle him by joining in a pity party; rather he provided for his needs and told him to get up, to keep running! Make a list of God’s tangible provision in your life. In what areas is he calling you to get up and keep running?