

# THE FIRST 15

Monday, October 21, 2024

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Today is Monday, October 21 and as we continue our focus on Christ the Cornerstone, we will study how God wants to move us from a posture of scarcity to a posture of abundance.

## OPENING PRAYER

*Holy and loving God, I worship You in the stillness of a new day with a joyful heart. Help me hear the message You have for me. Speak to me through the power of Your Holy Spirit in the name of Jesus Christ my Lord. Wherever I find myself lacking or in short supply, show me the secret stores of abundant living You promise. Help me recognize Your presence in all today's circumstances and the goodness of Your bountiful supply. Amen.*

## SCRIPTURE

***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." Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." 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. 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." So he got up and ate and drank. Strengthened by that food, he traveled forty days and nights until he reached Horeb, the mountain of God. 1 Kings 19:4b-8***

## REFLECTION

Today we find ourselves in the Old Testament book of First Kings. We enter a suspenseful, dramatic scene. The prophet Elijah is running for his life. He has infuriated Queen Jezebel and she sends her henchmen to execute him. Elijah travels on foot an entire day's journey into the barren wilderness outside of the town of Beersheba. He is tired, hungry, thirsty, exhausted and afraid. He can go no further. He must stop. Elijah finds a little bit of shade and rests under a native shrub called a broom bush.

Like Elijah, we are also on a journey. We may not be running for our lives, escaping violent people who want to kill us, but we are on a journey. We travel through life confronting challenges, facing dangers, realizing fears, recognizing scarcity and coping with uncertainty. Sometimes our wilderness journey may seem lonely. We acknowledge that like Elijah we too can feel tired, empty or afraid. There are days (maybe today is one of them) when we just do not want to keep moving ahead. We need a break. The journey is just too much right now. When Christian spirits are low and positivity is scarce, we need the refreshment only God can supply. God has the sustenance to restore us. He provides abundant nourishment to fuel us for the journey that lies ahead.

Did you notice? The angel comes to Elijah not once but twice. Both times the angel touches him and tells him to get up and eat. Elijah eats and drinks as he is instructed. He is strengthened by

those two small meals to travel an entire forty day journey. How far will you be able to go with the strength God wants to supply you?

Elijah's destination is Mt. Horeb, a sacred and holy place where he is destined to meet God. God supplies Elijah with exactly what he needs to get where he needs to go. In your own life, remember that God will supply you with exactly what you need to complete your journey. God knows your needs better than you know them yourself. God knows your limitations better than you know them yourself. What do you find yourself in "short supply" of today? Maybe it is patience, trust, courage, hope or peace. What are you trying to accomplish in your own strength and power? Where do you need to acknowledge your limitations?

Imagine waking in the cool shade of a tiny broom tree to the smell of freshly baked bread and the sight of sparkling clear water. What might the bread and water represent? What exactly is it that you need God to give you? You can count on God to supply you with exactly what you need, even if He needs to come back around more than once and replenish the supply. God supplies and God restores.

**Pause and Pray**

## **CLOSING PRAYER**

*Loving God, as Elijah sat down under the broom bush and prayed, I sit before you and pray. I confess there are places in my life where I feel empty and have "had enough". When I imagine what lies ahead, I worry that part of the journey might be too much for me. I need strength to go the distance and live the life you are calling me to live. Sometimes I try to complete this journey in my own power and do not rely on your sustenance and strength. You know my needs even before I ask and you are always eager to supply me. I invite you into my circumstances and ask you for the good food - what angels prepare for hungry souls. Restore my strength and replenish my supply. Amen.*