



## **Zealous Work for the Lord**

"I have been very zealous for the Lord," (1 Kings 19:10)

In the previous devotion we followed Elijah's example and cried out in distress to God saying, "It is enough!" (1 Kings 19:4). In this devotion we will review events in Elijah's life and discover how a prophet of God can become exhausted and in despair.

During the severe drought in the land, Elijah received provisions through ravens and then from a widow and her son. (1 Kings 17)

- Later, at the appointed time, the Lord directed Elijah to confront King Ahab for his wickedness and idolry worship of Baals. (1 King 18)
- Elijah then confronted the Israelites and their idolatry. He challenged the prophets to a showdown with the LORD. The Lord triumphed and Elijah slaughtered all the prophets of Baal. (1 Kings 18:22-41)
- In response to the coming rain and empowered by God, Elijah runs from Mount Carmel to Jezreel about 50 km. (1 Kings 18:46)

This brief synopsis reveals how Elijah confronted wickedness and fought a spiritual battle with the prophets of Baal. The events were all directed by God to bring King Ahab and the Israelites to repentance. After their repentance, the Lord blessed them with rain. However, all is not well for Elijah. Ahab's wife, Jezebel, in response to the slaughter of the prophets of Baal, sends a death threat to Elijah. (1 Kings 19:1-2)

*Then he (Elijah) was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there. (1 Kings 19:3)*

After his spiritual victory, we think Elijah would be courageous. Instead, he was afraid for his life and runs to Beersheba, a 172 km journey. He leaves his servant at Beersheba. Alone, Elijah continues for another day's journey into the wilderness. Under a broom tree or shrub Elijah lies. Alone, afraid and exhausted he cries out to the Lord, "It is enough".

This brief look at Elijah's life, we see how he became exhausted from ministry work. As overworked, stressed nurses we are at risk of exhaustion and burnout; or a common American idiom states, "running yourself into the ground." As I mentioned last time, there is nothing wrong with admitting our human distress and exhaustion. Jesus recognized the importance of leading his disciples to a place to rest, even if he wasn't successful at find the time and place.

*The apostles gathered together with Jesus; and they reported to Him all that they had done and taught. And He said to them, "Come away by yourselves to a secluded place and rest a while."*

*(For there were many people coming and going, and they did not even have time to eat.). They went away in the boat to a secluded place by themselves. (Mark 6:30-32)*

Take some time to review events and experiences that has led to your exhaustion. It may be helpful to journal or write them out as a prayer.

Blessings,  
Carrie

Have you been encouraged by the NCFI Cares devotions? Please share your experience and how you are using the NCFI Cares personally and/or with other nurses. With your permission, we may share your story on the NCFI website/publications or in the next publication of CARES 2!

We would love to hear from you, so please take a few moments to complete the form.  
Feedback for NCFI Cares book II: <https://forms.gle/PYcEWbJpDPziZvtRA>

Follow NCFI Cares:

Email: [ncfi.cares@ncfi.org](mailto:ncfi.cares@ncfi.org)

Facebook: <https://www.facebook.com/visit.ncfi/>

Previous NCFI Cares & other NCFI resources <https://ncfi.org/resources/>