



Called Out of the Cave

Message Companion

1 Kings 19:1-18

Pastor Ron Laney

Contents

Contents

This is a Message Companion to Pastor Ron's sermon entitled,

Elijah - Part 8 - Called Out of the Cave

Read: 1 Kings 19:1-18

Take some time to go to our podcast "[Good News from The Grove](#)" and listen to this teaching. You can also go the Teachings page on our website www.PleasantGrove.info to access message. This is Part 8 of the series, Elijah: Someone Like Me

Message Companion includes:

- Main Scripture
- Message Recap
- Devotions
- Questions for Thought
- Additional Scriptures

Grace & Peace!



Main Scripture

1 Kings 19:1-18 (NKJV)

1 And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. 2 Then Jezebel sent a messenger to Elijah, saying, "So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time." 3 And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there. 4 But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, LORD, take my life, for I am no better than my fathers!"

5 Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise and eat." 6 Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. 7 And the angel of the LORD came back the second time, and touched him, and said, "Arise and eat, because the journey is too great for you." 8 So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.

9 And there he went into a cave, and spent the night in that place; and behold, the word of the LORD came to him, and He said to him, "What are you doing here, Elijah?" 10 So he said, "I have been very zealous for the LORD God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life."

11 Then He said, "Go out, and stand on the mountain before the LORD." And behold, the LORD passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; 12 and after the earthquake a fire, but the LORD was not in the fire; and after the fire a still small voice. 13 So it was, when Elijah heard it, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice came to him, and said, "What are you doing here, Elijah?" 14 And he said, "I have been very zealous for the LORD God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life."

15 Then the LORD said to him: "Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael as king over Syria. 16 "Also you shall anoint Jehu the son of Nimshi as king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint as prophet in your place. 17 "It shall be that whoever escapes the sword of Hazael, Jehu will kill; and whoever escapes the sword of Jehu, Elisha will kill. 18 "Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him."



Message Recap

Message Recap

Text: 1 Kings 19:1-18

Called Out of the Cave

In the twists and turns of life, we often find ourselves caught between two voices: the roar of fear (Jezebel) and the whisper of hope (The LORD). This struggle is seen in the story of Elijah, a man of great faith who found himself cowering in a cave, overwhelmed by disappointment and fear. Elijah's cave story reminds us of the spiritual battles we face daily.

After experiencing incredible victories—calling down fire from heaven and praying down the rain—we find Elijah running away from it all. The threat of Queen Jezebel, who vowed to kill him, sent this mighty prophet into a downward spiral of depression.

This unexpected turn of events informs us that even the strongest among us can stumble and fall. It's a humbling reminder that our spiritual highs can sometimes be followed by devastating lows.

But how did Elijah fall so hard? Perhaps it was the weight of failed expectations. He had hoped that the dramatic events on Mount Carmel would spark a nationwide revival, but instead it triggered a revolt. How often do we find ourselves in similar situations, wondering why our best efforts seem to fall short? The progression of Elijah's journey into this dark cave follows a pattern, a strategy our enemy often uses. See if you are familiar with this downward spiral into a dark place as one of these often leads to the other:

**Disappointment >> Discouragement >> Doubt >>
Disillusionment >> Deception >> Disobedience >>
Discord >> Dysfunction >> Despair >> Destruction**

This downward spiral is the enemy's playbook, designed to isolate us and render us ineffective with the ultimate goal of destroying our lives. The Good News is, you can cry out to Jesus and be rescued out of this cycle, no matter where you may be.

Here's where the story takes a beautiful turn. In Elijah's darkest moment, God showed up, God came to him. Not with grand displays of power, but with gentle care. An angel provided food and water, twice, nourishing Elijah's body and spirit. One interesting detail to see: this food was said to be laid at Elijah's head while he was lying down. Why this detail about his head? Well, because that's where his biggest problem was. Jezebel had infected his mind and God offered some heavenly love and nourishment to help.

God's asked Elijah a probing question: **"What are you doing here, Elijah?"** (2 times) It's a question that invites self-reflection and honesty. God already knows the answer, but He wants Elijah to confront his own heart.

God, then reveals Himself in a powerful way—not in the wind, earthquake, or fire, but in a still small voice, a gentle whisper. This teaches us a profound truth. It's not always in the grand, dramatic stuff that we find God, but in the quiet, still moments when we lean in close to hear His voice.

God's whisper to Elijah wasn't just comfort; it was a call to action. "Go back," God says, giving Elijah 3 specific tasks to complete. This reminds us that purpose is often the antidote to depression. God calls us out of our caves because He's not finished with us. There's still work for us to do.

Here are some key takeaways:

1. Even the strongest can struggle with fear and doubt.
2. Our expectations and God's plans don't always align, but His purposes are greater.
3. Isolation is dangerous; we need community and connection.
4. God often speaks in whispers, calling us to draw near to Him.
5. Purpose and action are powerful in overcoming depression.

Perhaps you find yourself in a dark cave. Take heart from Elijah's story. Jesus is calling you out of that cave. He's reminding you of who you truly are:

"You are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. (1 Peter 2:9)"

You are not meant to cower in caves but to walk in the light of God's purpose for your life! Come out of the darkness into the light!

Don't allow the roar of the enemy to make your cave your grave. God has big plans for you!

Grace & Peace!
Pastor Ron



Devotions

Devo #1

Hearing God's Gentle Whisper

1 Kings 19:11-12

11 Then He said, "Go out, and stand on the mountain before the LORD." And behold, the LORD passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; 12 and after the earthquake a fire, but the LORD was not in the fire; and after the fire a still small voice.

In a world full of noise and distractions, it's easy to miss God's voice. We may expect God to speak in grand, dramatic ways, but most often, God chooses to speak in a "still small voice." Today, take time to still your heart, your body and mind. Create space in your day for silence and solitude, even if only for a few moments. Ask God to help you tune your ear to His gentle whisper. Remember, it's not always in the wind, earthquake, or fire that we find God, but in the quiet moments where He draws us close and we draw close to Him. Give God your undivided attention. Heard a saying one time, "People who never give God their time will not see God in their time." Let God re-focus, re-fresh, replenish, re-new, re-calibrate, re-orient, re-deem, re-store your strength.



Devo #2

Overcoming Disappointment

Psalm 42:5

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance.

When life doesn't go as we hoped, our disappointments can quickly lead to discouragement. The Psalmist here has experienced deep discouragement that he referred to as "cast down" and "disquieted." But did you notice, he turned his focus toward God and the hope and help coming his way. You cannot control the circumstances but you can control where you put your focus and attention. Trust, that in time, God will help you overcome. Not only that, begin to offer up praise to God in advance for what He is going to do in your life. Today, talk to yourself about being so down (like the Psalmist did) and talk to God in praise and thanksgiving about what He is going to do.



Devo #3

My Grace is Sufficient

2 Corinthians 12:7-10

7 And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. 8 Concerning this thing I pleaded with the Lord three times that it might depart from me. 9 And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. 10 Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong.

God didn't scold Elijah for his weakness; instead, He provided nourishment and rest. Similarly, Paul learned that God's grace is sufficient in the middle of weaknesses. Some of life's struggles cannot be chased off, some of them have to be walked through. Some mountains are moved, some you have to climb. It's in our moments of vulnerability that God's strength often shines brightest. Learn to live in the "power of Christ" instead of just your own power. Admitting your weakness to God is not a sign of failure, but rather it is an opportunity to experience the empowering grace of God in a profound way. Today, bring your areas of weakness before God, and ask Him to demonstrate His strength in your life. May you discover this truth in the struggle, "for when I am weak, then I am strong."



Devo #4

Chosen for a Reason

1 Peter 2:9

"But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light"

God's people don't belong in dark caves, we are children of the light. Depression and despair are not God's plan for your life. Refuse to let your cave become your grave. 1 Peter 2:9, reminds us who we are in Christ. You have been Chosen by God. You are a part of His Royal Priesthood. You have been called and chosen for a great purpose. A big part of your purpose is to proclaim the goodness of God to those around you. The LORD called you out of darkness and into His marvelous light. And what a marvelous light it is! Since God called you out of darkness, refuse to go back into that dark cave of discouragement and depression. You were Chosen for a good reason. May you discover that reason and experience the joy of living it out!



Questions for Thought

Questions for Thought

- How can we discern between God's voice and the 'roar' of the enemy in our lives, especially during hard times?
- In what ways might our expectations of how God should work limit our ability to see His actual work in our lives?
- How does Elijah's journey reflect our own spiritual struggles, and what can we learn from God's response to him?
- What role does community play in maintaining our faith and resisting isolation during difficult times, as illustrated by God's reminder to Elijah about the 7,000 who hadn't bowed to Baal?
- How can we balance the desire for dramatic manifestations of God's power with the importance of listening for His 'still, small voice'?
- In what ways might God be calling us to 'come out of the cave' in our own lives, and what fears or doubts might be keeping us there?
- How does the truth of us being a 'chosen generation' and 'royal priesthood' in Christ help us understand our calling & purpose?
- What practical steps can we take to maintain our faith and purpose when facing opposition or threats like Jezebel's in our modern context?
- How might focusing on 'getting back to work' for God help in overcoming periods of spiritual depression or doubt?
- In what ways can we cultivate the ability to hear God's gentle whisper amidst the noise and chaos of our daily lives?

Additional Scriptures

For Further Study

Additional Scriptures

Here are some Scripture references covered in the sermon, along with other verses to strength your faith:

1. James 5:16-18 - "Elijah was like us"
2. 1 Kings 19:1-18 - main passage
3. 1 Peter 5:8-9 - 'like a roaring lion'
4. John 10:10 - "to steal and kill and destroy"
5. 1 Peter 2:9 - "But you are a chosen people"
6. Matthew 11:15 - "He who has ears to hear, let him hear"
7. Revelation 2:20 - Jezebel as an evil influence

Encouraging Promises

1. Psalm 23:4 - (God's presence in dark times)
2. Isaiah 41:10 - (Overcoming fear)
3. Romans 8:28 - (God will make it good)
4. Philippians 4:6-7 - (Dealing with anxiety and fear)
5. Hebrews 13:5 - (God's promise of faithfulness)





Good News
from
The Grove
with Pastor Ron

Deeply Rooted
Growing Strong
Producing Fruit

Pleasant Grove Church
PleasantGrove.info



Our Podcast - Spotify, Apple Podcasts, Podbean App



Join us! Sundays 11am, Wed 6pm



**Bible Study
ACADEMY**

(Coming Soon)



**Pleasant
Grove
CHURCH**

Deeply Rooted | Growing Strong | Producing Fruit

www.PleasantGrove.info