

**Read: 1 Kings 19:3-8**

## I've Had Enough!

### **1 Kings 19:3-8**

Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. 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 forty nights until he reached Horeb, the mountain of God.

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*

"That's enough! I can't take it anymore!" Tom yelled as he stormed into the house. Tom looked so frustrated—like he was going to scream and cry at the same time. He was so upset that his kids paused the video games to look at their dad while Tom's wife came to give him a hug. "What's wrong, dear?" she asked.

"It's work—again! It was another terrible day. Everyone made mistakes, but I made it all better. But did anyone thank me? No! Was the boss nice to me? No! And to make it even worse, we were told that some of us might be losing our jobs soon. I can't take it anymore! Doesn't God know what I'm going through?"

The kids ran over to join Mom in giving their dad a hug. His wife led him by the hand to the kitchen table where the wonderful smells of lasagna and garlic bread greeted him. The family sat down together, prayed, ate dinner, and had their regular family devotion. By the end of the night, Tom felt much better. The love of his family, the delicious food, and a good devotion reminded Tom of all the other blessings that God had given to his family. Soon Tom was thinking more about how often God had helped him rather than thinking about this one problem.

This can happen easily to any of us. God richly blesses us with his love and care. He provides for us and protects us. But then one thing goes wrong, and we act like it's the end of the world! Someone gets sick or there is trouble in the family or at school or with friends, and we may think that God isn't helping us anymore.

Elijah did the same thing in the story today. Even though God had done some great miracles, Elijah was afraid of the wicked king and queen of Israel and said, "I have had enough." But God provided food for him and reminded him with that blessing that he would give Elijah strength to carry on.

In a sinful world we may have difficult times. But remember that Jesus, who came to this world, knows your problems. He is ready to listen to your prayers. He is ready to strengthen you and guide you. And best of all, Jesus overcame this world so that we can soon have a perfect life with him in heaven. Rejoice! Jesus will give you strength to carry on toward heaven!

*The questions below are to help families discuss this devotion. The questions are divided by age group as suggestions, but anyone could reflect on any of the questions as they desire.*

### **Questions for the Younger Children**

- Why was Elijah frustrated and scared?
- How did God remind Elijah of his love?

### **Questions for Elementary Age Children**

- Name one difficult thing you have gone through recently.
- What are ways that God reminds us of his love and blessings?

### **Questions for Middle School and Above**

- Why do challenging times lead us to question God's love?
- Give an example how would you encourage someone who is going through difficult times and questions God's love.

### **Closing Prayer:**

Heavenly Father, many things are difficult in this life. Remind us of all your blessings and strengthen us to get through all difficult times. Amen.

### **Hymn: CWS 750:1,4 – Christ, the Word of God Incarnate**

Christ, the Word of God incarnate, Lord and Son of Abraham;  
Christ, the radiance of the Father, Perfect God, the great I Am;  
Christ, the Light, you shine unvanquished, Light and life you bring to all;  
Light our path with your own presence, Grant us grace to heed your call.

Christ, our good and faithful Shepherd, Watching all your lambs and sheep;  
Christ, the gate that guards the sheepfold, Never-failing vigil keep.  
When we stray, Good Shepherd, seek us, Find us, lift us, bear us home;  
Lamb of God, our Shepherd, keep us; Let us hear your voice alone.