

CALL TO PRAYER - thanksgiving for God's salvation joy of THY salvation

1 Kings 19:1-8 - In the Strength of that Food

INTRO - Today is a special day at CBBC - Lord's Supper SONday. (week early because of holiday) We gather today on the Christian Sabbath to celebrate Christ's Supper. Our Lord told us to "do this in remembrance of Him" but the observance of this ordinance also has great consequence of us. This meal is a memorial meal that benefits us. The act of remembering has a rejuvenating affect on us. By remembering we receive some spiritual R&R. In this meal we are reminded to rest in Christ, relax on Jesus (like John did) and we receive spiritual nutrition from our communion with the Lover of our Souls.

The text of scripture before us is not about the Lord's Supper though there is a special meal mentioned. I don't want to wrestle this account away from its context but I do want to try and make an application. Elijah was experiencing the ups and downs of being a believer/follower. Elijah found himself in a *situation of fear* that made him flee. His anxiety led to *isolation... a great depression... and exhaustion*. God was not unaware of his prophet's low state and so HE shows compassion on Elijah and sends a ministering spirit to attend to his need. The angel makes a small meal and bids him to eat (twice) Eat/Sleep /Repeat is the prescribed remedy. Elijah needed some rest and relaxation. Elijah needed some nutrition and rejuvenation to prepare him for his journey. In the strength of that food....

We come today to have the Supper on the Sabbath. In remembering Jesus I want us to remember that we should rest in Him. We cease our running and our working and we rest in Christ's work for us. As we are resting our Lord has provided some eating. He says "Arise and eat". Eat/Sleep/Repeat

Situation of Fear

- Elijah had upset the political class and was at odds with the approved national religion
 - The Queen was after his life
- There is an atmosphere of fear and uncertainty in our society
 - Are you afraid today? Turmoil of nations/disasters/floods/Covid/sin
- Gods people are not exempt from fearful situations

Isolation

- 1 Kings 19:3 His fear caused him to flee
 - 120 miles from Mt. Carmel in north to Beersheba in the south
 - Left his servant in Beersheba and went another days journey into wilderness
- Fear can cause you to run and hide and isolate yourself
 - Church is vital so we can have communion with people not isolation from people
 - We need each other and shouldn't leave each other out of our tough times

Depression and Exhaustion

- 1 Kings 19:4 fear and isolation can often lead to depression. Despairing of life
- The most eminent of saints have experienced the sharpest of depression 2 Cor. 1:8
 - If that is your case this morning...you are in good company and not alone
- 1 Kings 19:5a Exhaustion
 - Elijah had come to the end of his strength/rope
 - Has the hustle and bustle of life...Christian life...worn you out? Do you feel exhaustion?

Compassion

- 1 Kings 19:5-6 Our God is so kind and full of compassion
 - God is not unmindful of His peoples: situation, isolation, depression or exhaustion
- God's compassion led to a provision of an angel who was a cook. Heb .1:14
 - Baked bread and a jar of water Eat/ sleep/ repeat

Nutrition

- 1 Kings 19:7 Eat/ Sleep/ Repeat
 - God knows our frame & that we are but dust – Ps. 103:14 (journey is too great for you)
 - We need R&R we need nutrition and rejuvenation
- 1 Kings 19:8 in the strength of that food

Application

- As a Christian – are you in a situation of fear, isolation, depression, exhaustion?
- God is a God of compassion He has provision of rest and relaxation
 - A special day to rest in Him
 - A special meal with spiritual nutrition gives strength for the journey
 - a Supper on the Sabbath
 - Eat/Sleep/Repeat eat/rest/repeat

Open Communion

Fencing the Table believers only but there is an invitation to reach out by faith and lay hold of Christ

Examine yourself Discern the body

(Option of our traditional bread or the prepackaged wafer)

As congregation comes to get elements - 444 *Redeemed* (verses only)

we not only get to proclaim it we get to taste it

Celebrating the Supper