

OPEN BIBLE CHURCH

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SERMON TITLE Meet God on the Mountain

SERIES

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KEY SCRIPTURE 1 Kings 18-19

SYNOPSIS Worried and Weary? Run to the Lord and listen.

HIGHLIGHTS



☞ Meet God on the Mountain

Last week we looked at the story of Moses and how he came to know God in a new way at the far side of the desert. God often meets us in a special way when we are all alone and feeling spiritually dry. He turns the Wilderness Experience into a Wonderful, Worshipful, Wakening Experience. He cares, counsels and calls us when we listen. Elijah was another one who felt like he was all alone when God met him in a special way.

1 Kings 18-19

The story usually focuses on the Contest at Mt. Carmel or the Communication in the Cave. But what else of significance happened in this story? Elijah had a great victory at Mt. Carmel, but in chapter 19 we find that he is on the run, feeling worried and weary. Here's a lesson right at the outset. Often, after a great spiritual victory there comes a letdown: The enemy threatens – like Jezebel in 19:2. And, fatigue and fear set in, as was the case for Elijah. He had a great victory, but then...

☞ Elijah was Worried: (verse 2-3)

A day of worry is more exhausting than a day of work.

☞ Matthew 13:22

The one who received the seed that fell among the thorns is the man who hears the word, but the **worries of this life** and the deceitfulness of wealth **choke it**, making it unfruitful.

--Oswald Chambers... *Worry is an indication that we think God cannot look after us.*

I will add that it is not always what we think, but what we feel. We know God can look after us, but we feel like everything is falling apart.

Matthew 6:25

do not worry about your life, what you will eat or drink; or about your body, what you will wear... (God knows you need them, and gives them to you as you seek him first)

Matthew 6:34

do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

--George Macdonald... *No man ever sank under the burden of the day. It is when tomorrow's burden is added to the burden of today that the weight is more than a man can bear.*

Years ago, in the pioneer days of aviation, a pilot was making a flight around the world. After he had been gone for some two hours from his last landing field, he heard a noise in his plane, which he recognized as the gnawing of a rat. He realized that while his plane had been on the



ground a rat had gotten in. For all he knew the rat could be gnawing through a vital cable or control of the plane. It was a very serious situation. He was both concerned and anxious. At first he did not know what to do. It was two hours back to the landing field from which he had taken off and more than two hours to the next field ahead. Then he remembered that the rat is a rodent. It is not made for the heights; it is made to live on the ground and under the ground. Therefore the pilot began to climb. He went up a thousand feet, then another thousand and another until he was more than twenty thousand feet up. The gnawing ceased. The rat was dead. He could not survive in the atmosphere of those heights. More than two hours later the pilot brought the plane safely to the next landing field and found the dead rat.

Worry is a rodent. It cannot live in the secret place of the Most High. It cannot breathe in the atmosphere made vital by prayer and familiarity with the Scripture. Worry dies when we ascend to the Lord through prayer and His Word.

☞ **Then, Elijah was Weary: (verse 4-7)**

In 24 hours for the average adult:

*Your heart beats more than 100,000 times
Altogether, your blood cells travel millions of miles
You breathe more than 20,000 times
You inhale 438 cubic feet of air
You eat more than 3 pounds of food
You drink nearly 3 quarts of liquid
You lose nearly a pound of waste
You speak more than 7,000 words
You move 750 muscles
You exercise 7,000,000 brain cells*

It's no wonder you feel tired!

-- Bobby Moore... I read about a woman who phoned a friend and asked how she was feeling, "Terrible," came the reply, "my head's splitting and my back and legs are killing me. The house is a mess, and the kids are simply driving me crazy." Very sympathetically the caller said, "Listen, go and lie down, I'll come over right away and cook lunch for you, clean up the house, and take care of the children while you get some rest. By the way, how is Sam?" "Sam?" the complaining wife gasped. "I have no husband named Sam." "My heavens," exclaimed the first woman, "I must have dialed the wrong number." There was a long pause. "Are you still coming over?" the harried mother asked hopefully.

Isaiah 40:30-31

Even youths grow tired and weary, and young men stumble and fall; **31** but those who hope in the Lord will renew their strength.

Matthew 11:28

Come to me, all you who are weary and burdened, and I will give you rest.



☞ Hebrews 12:2-3

Let us **fix our eyes on Jesus**, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. **3** Consider him who endured such opposition from sinful men, **so that you will not grow weary and lose heart.**

Worry and weariness can cause all sorts of troubles, but with the Lord, we don't have to be overwhelmed.

☞ Elijah went to where he knew God was... (verse 4; 8)

He went to Mt. Horeb. This is part of the Sinai where Moses had his Burning Bush encounter. It is also where Moses received the Ten Commandments. We don't know if Elijah had ever been here before, but he knew about Moses encountering God here.

☞ Mt. Horeb = **solitude.**

Please note that it's a mountain. It will take effort to get to this place. In fact, Elijah was met on the way by the angel of the Lord who nourished him for the journey. For us, getting alone with God can be like climbing a mountain, especially in our fast-paced, noisy society. You are very accustomed to constant noise and activity in your life. But you need a time to simply **get quiet and get alone with God, which will require some effort on your part!**

☞ Psalms 46:10

Be still, and know that I am God;

This idea of silence and stillness is almost a lost art in today's world, and yet it is important in the Christian walk. Don't let the busyness of your life prevent you from getting alone and quiet with God. You need it!

Also note that it started in a cave. Elijah was depressed and afraid. Even after making his way to the mountain of God, he was still hiding out in a deep, dark place. I think we do that same kind of thing. We know enough to turn to God in our troubles, but we aren't quite ready to listen to him and we wallow in our despair. But, if we'll be quiet and listen, we can hear God speak into our situation. That's what happened in Elijah's case – God spoke to him in that gentle whisper, which is how he often speaks. Thus, the need for us to make time to be quiet before the Lord.

--Kierkegaard... A man prayed, and at first, he thought that prayer was talking. But he became more and more quiet until in the end he realized that prayer is listening.

Very few people have ever scaled Mt. Everest. Compared to the number of people who have ever lived, those who scaled Mt. Everest are far less than 1%. It's actually something like a decimal followed by 10 zeroes and a 4. That's the percentage of people who have done it. It takes a tremendous amount of determination and effort. Fortunately, getting alone with God will not be



strenuous to that degree, but it will require determined effort. And, it's worth it. Once in that place of solitude and silence, God spoke into Elijah's situation.

☞ **Then, God Strengthened him: (verse 8, along the way)** Even before he was completely in the Lord's presence, God was there for him. That's a good reminder for us. Even while we are waiting to hear from God, he is at work in our lives.

Psalms 28:7

The Lord is my strength and my shield; my heart trusts in him, and I am helped.

Philippians 4:13

I can do everything through him who gives me strength.

2 Corinthians 12:9

"My grace is sufficient for you, for my power is made perfect in weakness."

--Erwin W. Lutzer... *You become stronger only when you become weaker. When you surrender your will to God, you discover the resources to do what God requires.*

☞ **Next, God Spoke to him: (verse 9 – 18)**

--Johann Tauler... *If you keep watch over your hearts, and listen for the voice of God and learn of him, in one short hour you can learn more from him than you could learn from man in a thousand years.*

God is speaking, but we don't often hear him because we don't take the time and make the effort to quiet ourselves and listen.

Job 33:14-15

For **God does speak — now one way, now another** — though man may not perceive it. **15** In a dream, in a vision of the night, when deep sleep falls on men as they slumber

Sometimes God is speaking, but we don't realize it because we're not paying attention. He uses a variety of methods to speak into our lives, but we have to "tune in."

Psalms 25:14

The Lord confides in those who fear him;

Elijah let worry and weariness get the better of him, but he still knew that the Lord was his source of help. He still respected God and went to him in his time of need. So, God confided in him, helping him through his troubles.

☞ **Finally, God gave him a Solution: (verse 15-18)** The Lord clarified to Elijah that he was not really alone; he wasn't the only man of God left. There were others who were committed to God,



and he would ultimately set things right. This is a good reminder for you today. You are not ever all alone. God is with you, and there are others in a similar situation who have not walk away from the Lord.

Psalms 38:15

I wait for you, O Lord; you will answer, O Lord my God.

☞ It's worth the wait and the effort because God will answer. **His timing is always perfect.**

Perfect Timing by Sweet Comfort Band

When I needed a shoulder to cry on You dried all my tears

When I wanted someone to rely on That's when you came near

And when it comes to loving me You're the best of all

You're always in the right place at the right time To catch me when I fall

You've got perfect timing You're not a minute too soon Not a moment too late

You've got perfect timing I can see when you move I can feel when you wait

You hold tomorrow in the palm of your hand Everything runs by your master plan

You've got perfect timing

☞ **(start music)** Perhaps you've been worried about something or a variety of things. God has not forgotten you. He knows what you need, and as you put him first in your life, he will provide for you. Or, maybe you're not so worried, but you feel weary. No doubt, you're in good company. Many are worn down, but God is your strength and refuge. He is the one who can give you real rest. When you're **worried** and **weary**, **meet God on the mountain. Make the effort** to find that place of **solitude** and **silence**. He will **strengthen** you, **speak** to you, and give you **solutions**.