

Soul Strengtheners: Soul, Spirit and Alignment

Podcast Episode 3, Lesson 1

Read 1 Kings 19:1-18

1 Kings 19:1-18 details a pivotal moment in the life of Elijah, where he experiences fear, despair, and a sense of failure following his victory over the prophets of Baal on Mount Carmel. This passage highlights Elijah's humanity and vulnerability, as well as God's gentle response to his servant's needs. It illustrates the importance of spiritual alignment, trusting God's timing, and the necessity of rest and re-alignment with God's purpose.

Themes:

- **Spiritual Fatigue and Restoration:** Elijah's experience shows that even the most faithful can experience exhaustion and discouragement. God's response emphasizes the need for physical rest, nourishment, and spiritual re-alignment.
- **God's Presence in the Quiet:** The gentle whisper reveals that God is often found in quiet, subtle moments rather than grandiose displays. This teaches the value of listening for God in the stillness of life.
- **Purpose and Recommissioning:** Despite Elijah's despair, God provides him with new assignments, demonstrating that His plans continue even when we feel defeated.

Reflective Bible Study Questions:

Handling Despair and Fatigue:

- ⇒ **Question:** Elijah reached a point of deep despair and wanted to give up. Have you ever felt overwhelmed or wanted to give up? How do you typically handle these feelings?
- ⇒ **Reflection:** Reflect on moments of burnout in your life. Consider what helps you rest and recharge, and how you can incorporate regular rest and spiritual refreshment into your routine.

Finding God in the Stillness:

- ⇒ **Question:** God was not in the wind, earthquake, or fire, but in the gentle whisper. How do you create space in your life to hear God's still, small voice?
- ⇒ **Reflection:** Identify noisy or busy areas in your life that may drown out God's voice. Create quiet time daily to meditate on Scripture and listen for God's guidance.



Alignment and God's Guidance:

- ⇒ **Question:** Elijah's alignment with God was restored through God's gentle voice and clear instructions. How do you seek to align your spirit with God's will?
- ⇒ **Reflection:** Spend time in prayer, asking God to reveal areas where you might be out of alignment with His will. Write down any impressions or Scripture passages that come to mind and reflect on how you can adjust your actions accordingly.

God's Provision and Care:

- ⇒ **Question:** God provided Elijah with food, rest, and encouragement. How have you experienced God's care during difficult times?
- ⇒ **Reflection:** Recall a time when you felt God's provision in a challenging season. Consider how you can be an agent of God's care to others who are struggling.

Recommissioning After Failure:

- ⇒ **Question:** Even in his moment of feeling like a failure, God gave Elijah new tasks and purpose. How does this encourage you in moments when you feel you've fallen short?
- ⇒ **Reflection:** Reflect on areas where you feel you've failed or are inadequate. Seek God's direction for new purposes or ways to move forward, trusting that He still has a plan for you.

Understanding God's Presence:

- ⇒ **Question:** God's presence was not found in the spectacular but in the quiet. What does this say about the ways God may choose to interact with you daily?
- ⇒ **Reflection:** Be intentional about seeking God in the mundane, everyday moments of life. Journal about your daily encounters with God, even in the smallest acts of kindness, thoughts, or quiet moments of reflection.

Aligning with God

1 Kings 19:1-18 serves as a profound lesson on alignment, reminding us that God meets us in our lowest moments with care, provision, and gentle guidance. It emphasizes the importance of listening for God in the quiet, seeking re-alignment when we've drifted, and finding courage to continue in our calling even after setbacks. By applying these principles to our daily lives, we can better navigate challenges, stay aligned with God's will, and embrace His purpose for us with renewed strength and clarity.

Reflective Questions on Alignment

Aligning with God's Voice:

- ⇒ **Question:** How do you discern God's voice from the noise of the world? What steps can you take to better align yourself with God's guidance?
- ⇒ **Reflection:** Develop a habit of distinguishing God's voice by immersing yourself in Scripture. Study scripture and seek feedback from mature believers to confirm your understanding.

Obeying God's Instructions:

- ⇒ **Question:** God gave Elijah specific instructions at various points of his prophetic role. How do you respond when God gives you direction, even when it seems daunting?
- ⇒ **Reflection:** Reflect on any recent instructions you feel God has given you. Evaluate your response—are you hesitating or acting in faith? Pray for courage to follow through with what God has placed on your heart.

Re-alignment After Failure:

- ⇒ **Question:** Elijah felt alone and defeated, yet God reassured him of His ongoing plan. In what areas of your life do you need re-alignment with God's purpose?
- ⇒ **Reflection:** Take time to assess your spiritual journey. Are there areas where you've drifted? Use this passage as inspiration to realign yourself with God's purpose, asking Him to reveal the next steps.

When God sees that we are misaligned with Him, He often presents Himself to us in various ways to guide us back into alignment. These ways can be through conviction, discipline, correction, and sometimes through silence, each aiming to bring us back into a closer relationship with Him. Here are some of the key ways God presents Himself, along with relevant scriptures and context:

Conviction Through the Holy Spirit

- *Scripture:* John 16:8-11

In this passage, Jesus speaks about the role of the Holy Spirit, who convicts the world of sin, righteousness, and judgment. When we are misaligned with God, the Holy Spirit gently convicts us, making us aware of our sin and our need to return to God's path.

Digest This! The Holy Spirit works within our hearts to reveal areas where we have strayed from God's will, urging us to repent and realign ourselves with Him.

Discipline Through Loving Correction

- *Scripture:* Hebrews 12:5-11

This passage explains that God disciplines those He loves, comparing His discipline to that of a father who corrects his children. The purpose of this discipline is to produce a harvest of righteousness and peace for those who have been trained by it.

Digest This! When we are misaligned with God, He may allow difficult circumstances as a form of loving discipline to draw us back to Him. This discipline is not punitive but corrective, designed to restore our relationship with Him.

Through His Word

- *Scripture:* 2 Timothy 3:16-17

Paul emphasizes that all Scripture is God-breathed and useful for teaching, rebuking, correcting, and training in righteousness. God's Word is a mirror that reflects our spiritual condition, revealing areas of mis-alignment and guiding us back to the right path.

Digest This! Regular engagement with Scripture allows God to speak to us, showing us where we may be out of alignment and providing the wisdom needed to correct our course.

Through Silence and Withdrawal of His Presence

- *Scripture:* Isaiah 59:1-2

Isaiah speaks to the people of Israel, explaining that their wrongdoings have separated them from God and their sins have hidden His face from them. This silence or perceived distance is a way God shows that something is wrong in our relationship with Him.

Digest This! When God seems distant, it may be a signal that we are misaligned with Him. This perceived silence encourages us to examine our lives, repent, and seek to restore our fellowship with God.

Through Circumstantial Warnings

- *Scripture:* Jonah 1:1-4

God called Jonah to preach to Nineveh, but Jonah disobeyed and fled. In response, God sent a great storm to get Jonah's attention. This circumstance was a clear sign that Jonah was out of alignment with God's will.

Digest This! God may use circumstances in our lives as warnings to show us that we are off course. These events are often designed to wake us up to our need to return to God's plan.

Through Prophets, Leaders, and Fellow Believers

- *Scripture:* 2 Samuel 12:1-7

After David sinned with Bathsheba, God sent the prophet Nathan to confront him. Nathan told David a parable that revealed David's sin, leading to David's repentance.

Digest This! God may use spiritual leaders or fellow believers to speak truth into our lives, pointing out areas where we are misaligned with God and encouraging us to repent and seek His forgiveness.

Through Inner Restlessness or Lack of Peace

- *Scripture:* Isaiah 57:20-21

Isaiah describes the wicked as being like the restless sea, which cannot be quiet and whose waters churn up mire and dirt. There is no peace for the wicked, indicating that inner turmoil can be a sign of spiritual mis-alignment.

Digest This! A lack of peace or a sense of inner restlessness can be God's way of showing us that we are not aligned with His will. This discomfort prompts us to seek His peace through repentance and re-alignment with His purposes.

Through Consequences of Sin

- *Scripture:* Galatians 6:7-8

Paul warns that God is not mocked, and whatever a person sows, that will they also reap. Sowing to the flesh reaps corruption, while sowing to the Spirit reaps eternal life. The natural consequences of sin can be God's way of showing us that we are misaligned with His will.

Digest This! Experiencing the negative consequences of our choices can serve as a wake-up call, prompting us to recognize our need for repentance and return to God's ways.

Through Divine Intervention

- *Scripture:* Acts 9:3-7

On the road to Damascus, Saul (later Paul) was dramatically confronted by Jesus. This divine intervention corrected Saul's path and aligned him with God's purpose for his life.

Digest This! Sometimes God may intervene directly in our lives, using extraordinary means to realign us with His will and calling.

Further Study of 1 Kings and 2 Kings

Further study can be found in the 1 Kings & 2 Kings Workbook. This workbook is a comprehensive study to include:

- ⇒ Summary of the histories of the Nations of Israel and Judah
- ⇒ Chapter by Chapter summary of 1 Kings and 2 Kings
- ⇒ Summary of Elijah's purpose and ministry
- ⇒ 7-Day devotional to include scripture reading, prayer, and worship songs to add to your playlist
- ⇒ Journal prompts and additional pages for writing

The workbook can be found on my website: www.vernettawood.com/shop