

FORTY DAYS

WEEK 3 DEVOTIONAL

This is a 5-Day Devotional from Sunday's sermon, "The Journey to Renewal: Elijah's 40-Day Fast" from 1 Kings 19. Each day includes a Scripture reading, reflection, questions, and prayer.

DAY 1: WHEN VICTORY TURNS TO
EXHAUSTION

Scripture:

1 Kings 19:4 — "but he went on a day's journey into the wilderness. He sat down under a broom tree and prayed that he might die. He said, "I have had enough! Lord, take my life..."

Reflection:

Elijah had just witnessed fire from heaven destroy a stone altar that was soaked in water and it's surrounding trench. He had seen the power of God move mightily on Mount Carmel. But when Jezebel threatens his life, fear grips him, and he flees into the wilderness, ready to give up. His emotional crash reminds us that even spiritual highs can be followed by deep valleys.

Meditation:

Are you coming off a high place only to find yourself in a low place? Do you feel like saying, "It is enough"? Take comfort in knowing that God met Elijah not with shame, rebuke, or judgement... but with rest.

Prayer:

Read out loud - *"Lord, when I'm weary and overwhelmed, meet me in my wilderness. Help me be honest with You like Elijah and remind me that even in my despair, You are near. Give me rest, Lord. Amen."*

DAY 2: STRENGTH FOR THE JOURNEY

Scripture:

1 Kings 19:8 — "So he got up, ate, and drank. Then on the strength from that food, he walked forty days and forty nights to Horeb, the mountain of God."

Reflection:

God provides Elijah with just enough sustenance to begin a 40-day fast. It is not the abundance of food that carries him forward, but the strength that comes from God's provision. This 40-day journey is symbolic of transformation, dependence, renewal and preparation.

Meditation:

Sometimes, God won't give you everything you want, but He'll give you exactly what you need. Trust His provision—it carries power for the road ahead.

Prayer:

Read out loud - *"Lord, as I fast, feed me with Your strength. Teach me to depend not on worldly abundance, but on what You give. As I fast from distractions and draw near to You, sustain me and prepare my heart. Amen."*

Scripture:

1 Kings 19:12 — “After the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was a voice, a soft whisper.”

Reflection:

Elijah stood on the mountain expecting God in the wind, the earthquake, and the fire. But even though God was in all of those, He spoke in a whisper. After 40 days of fasting and solitude, Elijah was quiet enough to hear it. The whisper was God’s gentle way of saying, “I’m still here.”

Meditation:

Fasting helps us silence the world’s volume so we can hear God’s whisper. Are you still enough to hear Him? How can you listen for His voice today?

Prayer:

Read out loud - *“God, help me turn down the noise of my life so I can hear You speak. Teach me to value stillness. Speak, Lord—Your servant is listening. Amen.”*

Scripture:

1 Kings 19:18 — “But I will leave seven thousand in Israel—every knee that has not bowed to Baal and every mouth that has not kissed him.”

Reflection:

Elijah believed he was the only one left faithful to God. (v14) Why? Because loneliness distorts your perspective. But God reveals a powerful truth: Elijah is not alone. There are thousands still faithfully standing.

Meditation:

Isolation lies. God always has a remnant. You are never as alone as you feel. Look around, you have a Church family. You are part of something bigger.

Prayer:

Read out loud - *“Jesus, even when I feel isolated, remind me that I’m not alone. Thank You for the community of faith around me. Strengthen my spirit with the knowledge that I belong to Your people. Amen.”*

Scripture:

1 Kings 19:15-16 — “Go and return by the way you came... you are to anoint Hazael... Jehu... and Elisha...”

Reflection:

Elijah arrived at Mt Horeb broken and ready to quit. But God did not leave him there. He gave Elijah new assignments. Renewal is not just for our comfort — it is for recommissioning.

Meditation:

Have you been hiding in a cave? Maybe out of fear, doubt or exhaustion? God is ready to send you out again—restored, renewed, and reassigned.

Prayer:

Read out loud - *“God, thank You for renewing me when I am weak. Now send me with clarity and courage to be a worker in your fields. Give me grace to walk in obedience. I’m ready. Amen.”*