

A person is rappelling down a large, reddish-brown rock face. The person is silhouetted against a clear, teal-colored sky. The rock face is textured and shows signs of weathering. The person is wearing a dark jacket and pants, and is holding onto a rope that is anchored to the rock. The overall mood is one of adventure and challenge.

THRIVING

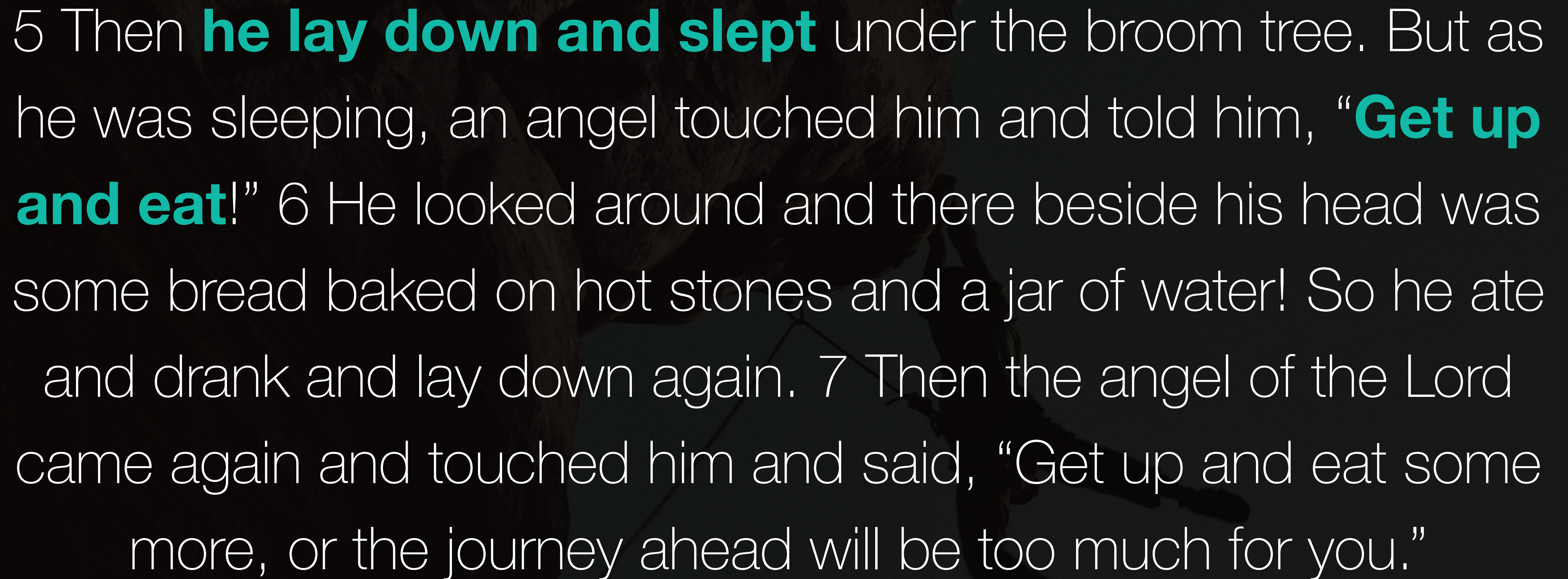
when life WEARS YOU OUT

A silhouette of a person rappelling down a rock face against a dark sky. The person is positioned on the right side of the frame, with their body angled downwards. A rope is visible extending from the top left towards the person. The background is a dark, textured rock face on the left and a dark, clear sky on the right. The overall scene is dramatic and emphasizes the physical challenge of the activity.

Life of Elijah

When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.” Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. **“I have had enough, Lord,”** he said. “Take my life, for I am no better than my ancestors who have already died.”

1 Kings 19:1-4 (NLT)



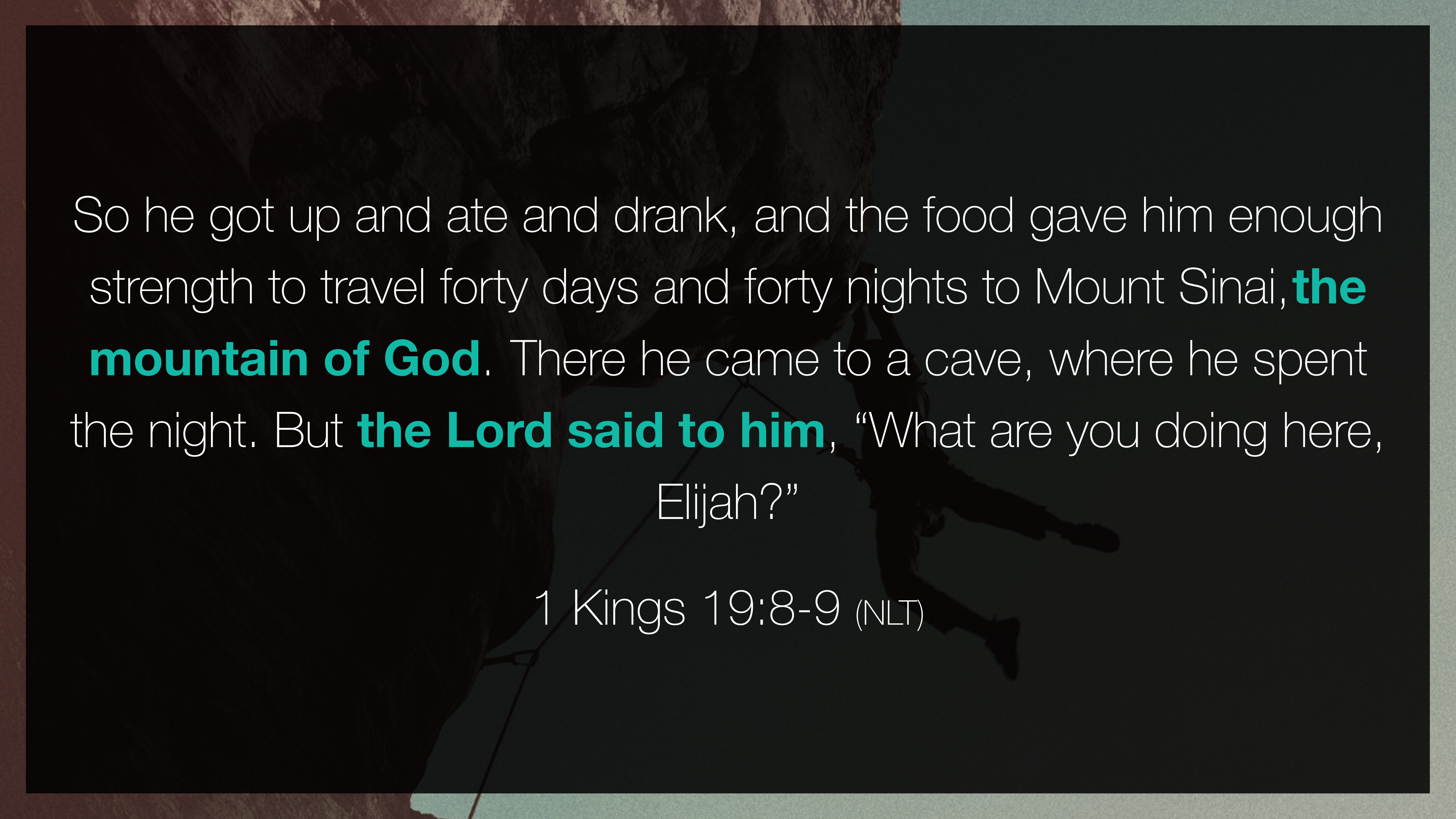
5 Then **he lay down and slept** under the broom tree. But as he was sleeping, an angel touched him and told him, “**Get up and eat!**” 6 He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. 7 Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.”

1 Kings 19:5-7 (NLT)

A person is rappelling down a dark, textured rock face. The person is silhouetted against a lighter background, and a rope is visible extending from the top of the frame. The overall scene is dark and dramatic, with the person's movement being the central focus.

GET REST & CARE

God wants us to care for ourselves, but not live for ourselves

A silhouette of a person climbing a steep, rocky mountain face against a dark sky. The person is positioned on the right side of the frame, reaching up towards the top of the mountain. The background is a dark, textured rock face with some lighter patches. The overall scene is dramatic and emphasizes the height and difficulty of the climb.

So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, **the mountain of God**. There he came to a cave, where he spent the night. But **the Lord said to him**, “What are you doing here, Elijah?”

1 Kings 19:8-9 (NLT)

A person is rappelling down a dark, textured rock face. The person is silhouetted against a light, hazy sky. The background is a dark, almost black, gradient that covers most of the image. The overall mood is one of challenge and seeking rest.

SEEK GOD

seek rest *in* God and not from God

A person is rappelling down a dark, textured rock face. The person is silhouetted against a lighter background, and a rope is visible extending from the top of the frame. The overall scene is dark and moody, with a focus on the person's movement and the texture of the rock.

FIND THE WHY

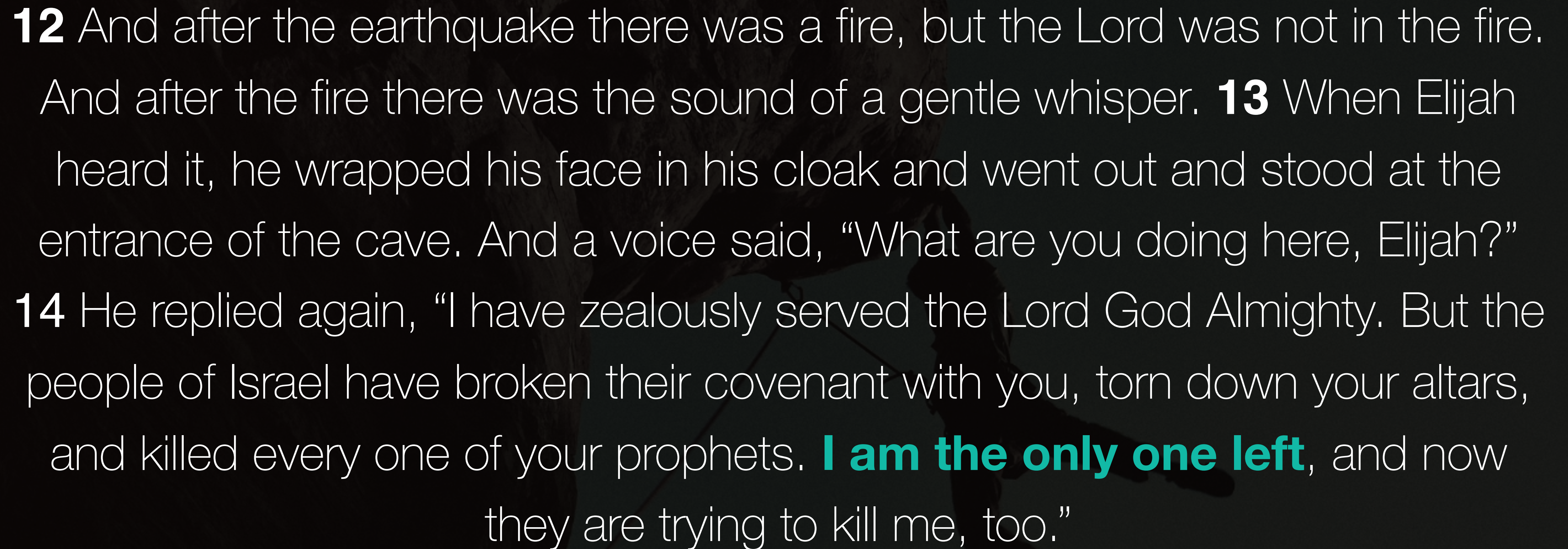
sometimes we don't know what we need rest from

There he came to a cave, where he spent the night. **But the Lord said to him, “What are you doing here, Elijah?”** **10** Elijah replied, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.” **11** “Go out and stand before me on the mountain,” the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake.

1 Kings 19:9-14 (NLT)

12 And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper. **13** When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. **And a voice said, “What are you doing here, Elijah?”** **14** He replied again, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.”

1 Kings 19:9-14 (NLT)



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1 Kings 19:9-14 (NLT)

A person is rappelling down a dark, textured rock face. The person is silhouetted against a light, hazy sky. The rock face is on the left side of the frame, and the person is on the right, descending. The overall scene is dark and dramatic.

HEAR & OBEY

from weariness to flourishing

15 Then **the Lord told him**, “Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, **anoint Hazael** to be king of Aram. **16** Then **anoint Jehu** grandson of Nimshi to be king of Israel, and **anoint Elisha** son of Shaphat from the town of Abel-meholah to replace you as my prophet. **17** Anyone who escapes from Hazael will be killed by Jehu, and those who escape Jehu will be killed by Elisha! **18** Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!” **19 So Elijah went and found Elisha son of Shaphat plowing a field.**

1 Kings 19:15-19 (NLT)

A silhouette of a person rappelling down a dark, textured rock face. The person is positioned on the right side of the frame, with their body angled towards the left. They are holding onto a rope that extends from the top of the frame. The background is a dark, solid color, possibly representing a sky or a cave interior. The overall mood is one of challenge and adventure.

get rest & care

seek God

find the WHY

hear & obey