

SUNDAY BIBLE STUDY · STUDY SHEET

Movement II · What Every Human Needs

Sleep and Bread

The series question: "*And who is my neighbor?*" (Luke 10:29)

1 KINGS 19:4 and he himself went into the wilderness a day's journey, and came and sat under a certain broom tree. And he begged for his life, that he might die, and said, Enough, now, O Jehovah; take my life, for I am no better than my fathers.

5 And he lay down and slept under a certain broom tree; and behold, an angel touched him and said to him, Get up, eat!

6 And he looked, and behold, at his head was a cake on burning stones, and a jar of water; and he ate and drank, and turned and lay down.

7 And the angel of Jehovah returned a second time, and touched him, and said, Get up, eat, for the way is too great for you.

8 And he rose up and ate and drank, and went in the power of that food forty days and forty nights to the mount of God, Horeb.

READ ALONG: 1 Kings 19:4–8; John 6:26–27

Follow along

1. What does the angel give Elijah, and how many times?

2. Elijah had just won a great victory. Why might he hit bottom right after it?

3. Why do you think God fed Elijah before speaking to him about anything?

4. When you are exhausted or hungry, how do you hear other people?

5. Have you ever offered someone in despair advice when what they needed was a meal or sleep?

6. Jesus said some followed him for bread. What do people follow today because it feeds them?

7. Could some of the conflicts you've been in have started in a tired body rather than a real disagreement?

Leave them with

THE ONE QUESTION

Who near you needs bread before they need a word?

1. When did you last let yourself rest before you answered someone?
2. What argument would look smaller after a night's sleep?

The empty chair. Every week one chair at our table stays empty. It is for the person you would never invite.

Notes
