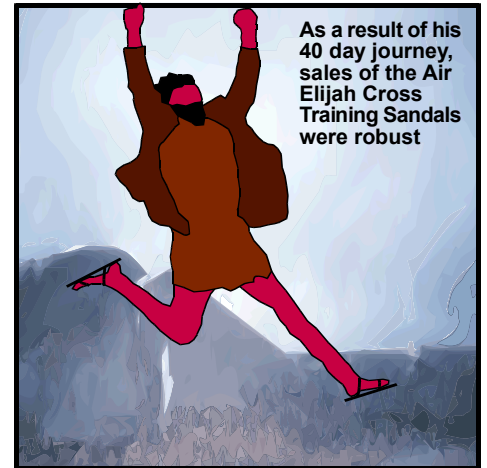


Elijah's Amazing Journey

Elijah came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

1 Kings 19:4-8



**Air Elijah
The First Sandal with a Pump**

Running on empty. With only a meal supplied by God, Elijah set out on a forty day and forty night journey. God was obviously fueling Elijah in a special way. Nourishment comes in different forms. Food will sustain our physical bodies but our spiritual lives also need to be fed. Spiritual nourishment comes through study of Scripture and prayer. It prepares us to confront the challenges of each day with the mindset of God. Running on empty leaves us open to temptation and sin. So keep your tank filled so that you don't run out of gas before you reach your goal.