

## Arise and Eat

Read the story about Elijah's despair and how the Lord sent an angel to comfort and nurture him in 1 Kings 1-8. Elijah despairs because the forces of evil symbolized by the wicked Jezebel are threatening him. Elijah actually prays for death. And what is the Lord's response? An angel touches Elijah and tells him to "Arise and eat" (1 Kings 19:5). Then the angel touches Elijah a second time and tells him to "arise and eat, because the journey is too great for you" (1 Kings 19:7).

Look back on a challenging time in your life and reflect on (or write about) how the Lord and His angels may have been giving you the encouragement and spiritual nourishment you needed. Or you could draw on the message of this story and the quotes about guardian angels to write encouraging words to read over when you next experience a difficult time.