

# The Elijah Plan

## Five Steps to Finding Strength When You Feel Weak

By Nate Schaus



When life becomes overwhelming, exhaustion takes over, and the future feels uncertain, it can be difficult to move forward. This eBook is inspired by the story of Elijah in 1 Kings 19 and the insights from Pastor Nate Schaus in his message, *Dealing with Depression*. Elijah's journey shows us how God meets us in our lowest moments with rest, nourishment, perspective, and community. Whether you're facing burnout, depression, or emotional fatigue, these five steps will guide you toward spiritual and emotional renewal.



## Step 1: Rest – Recharge Your Body and Mind

**Scripture Reference:** *“Then he lay down under the bush and fell asleep.”* – 1 Kings 19:5

After Elijah’s dramatic confrontation with the prophets of Baal on Mount Carmel (1 Kings 18), he experiences fear, exhaustion, and despair. In 1 Kings 19, we see Elijah running for his life, overwhelmed by the threats of Queen Jezebel. He reaches a point where he feels utterly hopeless, asking God to take his life (1 Kings 19:4). The first thing God does for Elijah is not a lecture but rest—Elijah lays down under a tree and sleeps.

### **Practical Application:**

Sometimes the most spiritual thing you can do is rest. Sleep and rest restore your body and mind, allowing you to process emotions more clearly. Exhaustion makes it hard to see beyond the moment, but God shows us through Elijah that rest is essential for recovery.

### **Try This:**

- Commit to a bedtime routine that allows for restful sleep.
- Take a break from screens and notifications for a few hours each day.
- Schedule moments to rest during the week without guilt—whether that’s a nap, quiet time, or a relaxing activity.



# Step 2: Nourishment – Care for Your Physical Needs

**Scripture Reference:** *“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.”* – 1 Kings 19:5-6

After Elijah sleeps, God provides bread and water to nourish his body. Instead of rebuking him for his feelings of despair, God tenderly cares for Elijah’s practical needs. This reminds us that caring for our physical bodies is an important part of healing—our physical, emotional, and spiritual health are all connected.

## **Practical Application:**

When life feels overwhelming, it’s easy to neglect physical self-care. Small, intentional habits—like drinking water, eating balanced meals, and moving your body—can have a significant impact on your emotional health. Elijah’s experience reminds us that God cares about all aspects of our well-being.

## **Try This:**

- Start each day with a healthy breakfast to fuel your body.
- Drink water throughout the day and stay hydrated.
- Move your body daily, even if it’s a short walk, to release stress and boost your mood.





# Step 3: Prayer – Honest Conversations with God

**Scripture Reference:** *“He came to a broom bush, sat down under it and prayed that he might die. ‘I have had enough, Lord,’ he said.”* – 1 Kings 19:4

Elijah’s prayer is raw and honest—he tells God, “I’ve had enough.” In moments of despair, Elijah doesn’t pretend everything is fine; he lays his heart bare before God. This reminds us that prayer isn’t about having the perfect words; it’s about being real with God, even when life feels overwhelming. God invites us to come to Him with our fears, doubts, and frustrations.

## **Practical Application:**

Prayer is a conversation, not a performance. Be honest with God about how you feel and what you need. God’s response to Elijah shows that He listens and cares deeply, even when we are at our lowest. Through prayer, we experience God’s presence and His guidance in our lives.

## **Try This:**

- Set aside 5-10 minutes each day for honest prayer.
- Write down your prayers in a journal and look back over time to see how God answers.
- Practice praying out loud—God wants to hear your voice.







## Step 4: Perspective – Shift Your Focus

**Scripture Reference:** *“The Lord said, ‘Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.’”* – 1 Kings 19:11

Elijah felt isolated and believed he was the only one left serving God. But God shifts his perspective, reminding him that there are still 7,000 in Israel who have not bowed to Baal (1 Kings 19:18). God also reveals His presence not in the powerful wind, earthquake, or fire, but in a gentle whisper (1 Kings 19:12). This teaches us that God's presence is often found in the quiet moments when we slow down and listen.

**Practical Application:**

When life feels overwhelming, it's easy to get trapped in negative thinking. Shifting your focus and gaining new perspective can help break that cycle. Take time to reflect on God's faithfulness and look for ways He is working, even in small, unexpected ways.

**Try This:**

- Reflect on Philippians 4:8: “Whatever is true, whatever is noble... think about such things.”
- Journal things you are grateful for each day to shift your mindset.
- Ask a trusted friend or mentor for their perspective on your situation.

# Step 5: Community – Connect with Others

**Scripture Reference:** *“Elisha... set out to follow Elijah and became his servant.”* – 1 Kings 19:21

Elijah felt alone, but God reminded him that he wasn't. In the same chapter, God leads Elijah to anoint Elisha, who would become his companion and successor. This shows us that we aren't meant to face challenges alone—God often brings people into our lives to walk with us. Community brings support, encouragement, and accountability.

**Practical Application:**

Isolation can make difficult seasons even harder. Surrounding yourself with others helps you feel seen and supported. God often uses relationships to provide strength and healing.

**Try This:**

- Reach out to a friend, join a small group, or attend a community event.
- Get involved at your church—serving with others builds strong connections.
- Don't be afraid to ask for help when you need it.



# Next Steps

Elijah's story teaches us that even in our lowest moments, God meets us with rest, nourishment, perspective, and community. This guide is just the beginning of a deeper journey toward renewal and strength. No matter what season you're in, God walks with you every step of the way.

## Share This PDF with a Friend

If this guide encouraged you, share it with someone who may need support in their struggles. Sometimes a simple resource can be the spark that brings comfort and hope. Forward this PDF or send them the download link!

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Dive deeper into finding hope, faith, and renewal through these messages from Summit Community Church:

- **Dealing with Depression** – Understand how God's presence can bring peace in life's hardest moments.
- **Step Into Your Story** – Discover how your journey aligns with God's greater purpose.
- **Brand New ME** – Explore the transformative power of God's grace to help you live with meaning.

## Visit Summit Community Church in Person

We'd love to meet you and walk with you on your journey! Whether you're looking for community or exploring faith for the first time, you'll find a place to belong here at Summit. Join us in person or online—we're excited to meet you!

## Service Times:

- Saturdays: 5:00 PM
- Sundays: 9:00 AM & 10:45 AM
- **Location:** 20555 W Roosevelt St, Buckeye, AZ 85326
- **Online Services:** Join us live at [live.summitcc.org](https://live.summitcc.org)

Wherever you are on your journey, there's a place for you at Summit Community Church.



# About Nate Schaus

Pastor Nate Schaus serves as the Lead Pastor of Summit Community Church. With over 20 years of ministry experience and a heart for the West Valley, Nate is passionate about helping people grow in faith. He and his wife, Liz, have been married for more than two decades and have three children. In his free time, Nate enjoys golf, camping, and reading—and he's always keeping an eye on his fantasy football team!

# About Summit Community Church

Summit Community Church exists to lead people who are far from God to courageously follow Jesus. We believe that when people encounter Jesus, their lives are changed forever. Whether you are exploring faith for the first time, returning after time away, or seeking to grow deeper in your relationship with God, Summit is a welcoming place for you to take your next steps. Life is richer when it's lived with faith and courage, and we are committed to walking alongside you on your journey.

At Summit, we believe that life is better in community. Through small groups, Bible studies, service opportunities, and events, you'll find connection, purpose, and belonging. Whether you're new to faith, wrestling with questions, or well along in your spiritual journey, you are welcome here.

We believe everyone is on a spiritual journey, and we want to be a light in the community, helping people discover the hope found in Jesus. Together, we worship God, find freedom, discover purpose, and make a difference. Join us at Summit Community Church, and let's walk this journey of faith together.