

Grace to you and peace from God our Father and the Lord Jesus Christ. Amen.

The word of God for this morning is found in 1 Kings 19:4-8.

“But he himself went a day’s journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, “It is enough! Now, LORD, take my life, for I *am* no better than my fathers!” 5 Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, “Arise *and* eat.” 6 Then he looked, and there by his head *was* a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. 7 And the angel of the LORD came back the second time, and touched him, and said, “Arise *and* eat, because the journey *is* too great for you.” 8 So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.”

So far our text. Dear fellow servant’s of God.

One of my favorite shows on television documented the basic training of Navy Seals. To become a Navy Seal you go through BUD/S (Basic Underwater Demolition / Seal) training for a staggering seven and a half months. And that’s just basic training.

Early in BUD/S the trainee participates in “hell week.” During this week, the trainees participate in five and one-half days of continuous training, with a maximum of four hours sleep total. During these five and one-half days the trainees are put into groups. These groups are assigned a log which they hold over their heads for extended periods of time. They carry and run with the log to not only break them down personally but to try and break down the team to find weaknesses.

The looks on the faces of these young men are truly heart breaking. It’s not hard to feel for them as they struggle through physical pain and a severe lack of sleep. The trainee only need go to a gold colored bell, strike it to indicate he isn’t able to cut it.

Although the look on the face of the trainee is stressed while dealing with the rigors of training, it pales in comparison to the torment you see when they stand at the bell hating the fact that they want to quite.

I believe each and every one of us has times in which we are faced with a situation where we desire to ring the bell in order to quit. This can come at any age and in regards to many varied situations. The human condition of being corrupt by sin makes us not trust God and His timelines. But our text for today reveals to us that **“The Lord knows when it’s enough.”**

Since we are dealing with the words of Almighty God and not the words of men we pray, sanctify us through your truth O Lord, Your word is truth. Amen.

In our text for today we find Elijah wanting to sound that bell in order to give up. What would make someone want to give up like this? What would make someone ask God to take his life?

For Elijah, it was the fact that people were seeking his life to kill him. Elijah was one of the very few prophets of God left at this time. Things were so bad that Elijah even rounded up the last 100 prophets of Jehovah and put them into caves. And now the servants of Queen Jezebel were seeking the life of Elijah.

Elijah went so far as to flee into the wilderness. He expelled so much energy that he found a tree under which he could rest, fell to the ground and cried out, "**It is enough! Now, LORD, take my life, for I am no better than my fathers!**" Elijah was not only in fear of his life; he was also fed up with being a workman in the kingdom of God. Elijah said that he was no better than his fathers and in so saying he expressed the fact that neither he nor those who came before him could change the hearts of the people to whom they were sent.

That along with the fear of one's life would cause frustration. We look at the world and comment on how bad things have become. We don't fear for our lives in this country like Christians do in places around the world, but we can certainly feel like the work we have all been sent to do in preaching the word of God is futile. But that's a decision we ourselves make and not the Lord because "**The Lord knows when it's enough.**"

If we all adopted the attitude that Elijah had during this part of his life even we would've never heard the precious words of the Gospel. We certainly know through the promises of God that His word would remain forever, Psalm 119:160 "**The entirety of Your word is truth, And every one of Your righteous judgments endures forever.**" But if more and more people adopt this attitude it's only logical that less people hear the words that have brought peace to your souls.

Most amazing is that right before our text Elijah stood up against the priests of Baal. Elijah and the priests of Baal made alters and laid sacrifices upon them. The priests of Baal worked themselves into a frenzy, even cutting themselves in the hopes that Baal would appear. Nothing happened.

Elijah prayed to Jehovah even after soaking the sacrifice with water to the point that the trench surrounding the alter was full. God came down and utterly consumed the sacrifice and the water. Elijah got to see in a very firsthand way the power of God. That is the kind of God we have, a God who is truly alive. We have a God who knows what's going on in our lives. We are His creation and his workmanship. He even knows the number of hairs that each one of us has upon our heads.

But Jehovah has us in mind in a much deeper way than even that. "**Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise and eat." 6 Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. 7 And the angel of the LORD came back the second time, and touched him, and said, "Arise and eat, because the journey is too great for you."**

"**The Lord knows when it's enough.**" Not only did He know for Elijah, he knows for us as well. Times for each of us can become hard in our walk with the Lord. And just as he cared for Elijah he cares for you. The Lord doesn't bring you cakes and water to eat and drink like He did for Elijah, but He does provide you bread from heaven through His Son in the word.

John 6:51 **"I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world."**

Thanks be to God that **"The Lord knows when it's enough"** not only for us, but in regards to the work that He sent His Son to work for every single one of us!

If God the Father would've adopted the attitude that Elijah took on that day the Son of Man would've never made it to the cross of our salvation. He would've become so frustrated and sick of mankind that He would've destroyed the line of David. Would He have even made the initial promise for Him to come? Genesis 3:15 **"And I will put enmity Between you and the woman, And between your seed and her Seed; He shall bruise your head, And you shall bruise His heel."** Would He have had the Holy Spirit visit Mary and conceive in her the Child Jesus so He could live a life of righteousness and holiness for you?

Even the Lord Himself asked the Father with a true heart, Mat. 26:39b **"O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will."** Even the Son of God left things in the hands of His Father. Jesus knew that **"The Lord knows when it's enough."** Jesus knew that because of the response of the Father that He should continue on to death it was the right thing for Him. Jesus knew that His place was as a servant to the Father for the sake of sinners. Thank God that not one single person of the God Head failed to be who He truly is, righteous, holy, loving and caring. Otherwise we would still be dead in our sins.

After Jehovah fed Elijah with unique bread from heaven it recharged Elijah in a special way, **"So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God."** Much in the same way by hearing about the Bread which come down from heaven Jesus Christ we are invigorated. Our souls are recharged and our minds and hearts are refocused on the work that the Lord sent all of us out to do because it reminds us that **"The Lord knows when it's enough."**

Hard times will come and go. Even the hard times will differ in their intensity. We might even get to the point where we tell the Lord that it's been enough. We might feel like striking that bell and saying I can't cut it. But by remaining in the word and being reminded of the work of Jesus Christ for the forgiveness of sins we are recharged to continue on in the strength of that Bread. Because in the word we learn to trust in God knowing that **"The Lord knows when it's enough."** Amen.