

Page 1 - The Setup

Title: The Cave Isn't a Coffin

You didn't plan to end up here.

This cave-whatever yours looks like-wasn't in the forecast. You were doing your best. Pushing through. Staying faithful. Maybe you even had a recent win-some moment where it looked like things were finally breaking through. But then it happened. Something caved in around you... or maybe inside you. And now you're here, not because of weakness, but because you were worn out from being strong too long.

Elijah didn't end up in the cave because he doubted God.

He ended up there because he had nothing left to give.

And that's where I want to start with you.

Not in the victory-but in the aftermath.

Elijah had just called down fire from heaven. The people repented. God showed up in power. But Jezebel's threat hit him harder than the miracle lifted him. Why? Because sometimes it's not the enemy outside that breaks you-it's the quiet exhaustion inside. When you've been running too long on hope that hasn't quite healed.

So Elijah ran. Not because he was failing. But because he was human.

He collapsed under a broom tree and begged to die.

But God didn't scold him. God didn't shame him. God didn't reject him.

He let him rest.

And then He led him to the cave-not to punish him, but to prepare him.

Not to bury him, but to meet him there.

I want you to hear me clearly:

The cave isn't a coffin.

It's not where your story ends.

It's where God starts whispering again.

You may feel hidden, but you're not forgotten.

You may feel still, but you're not stuck.

The silence you're sitting in? It's not death. It's space.

Holy space.

Sacred space.

Space for something new to begin.

Page 2 - The Strategy of Silence

Title: The Cave Isn't a Coffin

If you're anything like me, when life breaks you down, you pray for God to show up loud.

You want Him to split the sky, shake the ground, or burn away the confusion. Something-anything-to let you know He's still paying attention.

Elijah wanted that too.

He'd just come off the biggest spiritual high of his life-calling down fire, watching the people repent, standing boldly for truth. But now? He's hiding. Not because he's faithless, but because he's spent. Spiritually. Emotionally. Physically. He's done.

And in that cave, God answers him-but not the way Elijah expects.

A mighty wind tears through the mountains. But God's not in it.

The ground shakes beneath his feet. But God's not there either.

Fire bursts across the horizon. Still, no sign of God.

Then... a whisper.

Not thunder. Not lightning. A whisper.

Why?

Because wind and fire you can hear from across a battlefield.

But a whisper... requires you to get close. That whisper wasn't weakness. It was an invitation.

God didn't want to overwhelm Elijah. He wanted to draw him in.

Sometimes God won't shout over your panic.

He waits for the storm inside you to calm-so you can hear Him when He leans in.

And here's what blesses me deeply:

That whisper said, "I'm here. I still see you. I still want you. Let's talk."

Not "let's fight."

Not "let's fix everything right now."

Just... "let's talk."

It's in that moment I realize something I want you to hold onto:

The silence wasn't a rejection.

It was a strategy.

God wanted Elijah near, not just obedient.

And maybe that's where you are now. The wind and fire didn't work. The big moments didn't fix it.

And now you're sitting in a cave wondering if you'll ever hear Him again. But I promise-He's still speaking.

And it's not your ears that need adjusting. It's your nearness.

Page 3 - When God Asks a Question

Title: What Are You Doing Here?

After the whisper comes the question.

It's not loud. Not accusing. But it lands heavy just the same:

"What are you doing here, Elijah?"

God knew the answer.

He wasn't confused. He wasn't asking for His sake. He was asking for Elijah's.

And notice this-God didn't say, "Why did you fail?"

He said, "What are you doing here?"

Not "What's wrong with you?"

Not "Why aren't you stronger?"

Just... "Let's name this moment."

It's the question that pulls Elijah from survival mode into self-awareness.

And it might be the question you need, too.

What are you doing here?

What fear dragged you in? What disappointment hollowed you out? What lie have you been believing about yourself or about God that made you think the cave was the safest option?

Elijah answers honestly-raw, exhausted, defensive:

"I've been very zealous for the Lord... but they tore down Your altars... I'm the only one left... and now they want to kill me too."

Sound familiar?

When we're at our lowest, we stop speaking in truth-we start speaking in trauma.

We say things like:

"Nobody understands."

"Nothing I do matters."

"I've been faithful, but God's gone quiet."

"It's always me, and I'm always alone."

That's not the full story-but it feels like truth when you're in the dark.

God doesn't correct Elijah immediately. He doesn't argue.

He lets the grief pour out. Because even distorted truth is a doorway to healing when we're willing to say it out loud.

And here's the grace in this moment:

God doesn't shut Elijah down.

He gives him space to speak, to unravel, to feel.

Because God is not afraid of your tiredness.

He just wants you to stop carrying it alone.

Page 4 - When God Doesn't Argue, He Assigns

Title: The Quiet Recommission

After Elijah pours out his heart-his loneliness, his fear, his confusion-God doesn't jump in with a pep talk. He doesn't say, "Cheer up, it's not that bad." He doesn't rebuke him for hiding. He doesn't even correct his distorted view right away.

Instead, God does something we rarely expect:

He gives him an assignment.

"Go back the way you came... Anoint Hazael king... Anoint Jehu... Anoint Elisha..."

There's no "I told you so."

No scolding.

No rescue helicopter to airlift him out of his funk.

Just a quiet, steady redirect.

And here's what hit me, Ronnie-sometimes healing doesn't come from being told what's wrong... it comes from being reminded you still have something to give.

God doesn't need Elijah to feel strong.

He just needs Elijah to keep moving in the right direction.

Sometimes the most sacred thing God can do for us in our cave isn't comfort-it's calling.

Not because He doesn't care about our pain...

but because He knows pain will try to make us forget our purpose.

God recommissioned Elijah-not because Elijah was ready,

but because Elijah was still chosen.

Think about that.

Elijah still had fear. Still had questions. Still felt alone.

But God trusted him with holy tasks anyway.

And here's what that tells me:

God's calling on your life isn't suspended when you're struggling.

He's just waiting to show you how much He can still do through you-even when you don't feel like yourself.

That cave might feel like the end, but from God's view?

It's just a pause before the next chapter.

Page 5 - The Lie of Loneliness

Title: You're Not the Only One

Elijah says it twice, almost word for word:

"I'm the only one left..."

"I'm the only one still standing for You."

When pain takes over, the world shrinks.

All you can see is what's missing.

All you can hear is your own weariness echoing back at you.

It's not that Elijah is lying-it's that his exhaustion has hijacked his perspective.

But here's where the tenderness of God comes in.

God listens.

And then, gently... He corrects the record.

"I have reserved seven thousand in Israel-all whose knees have not bowed to Baal..."

Seven thousand.

That's not a scolding. That's a rescue from distortion.

It's God saying, "You're not crazy, but you are wrong."

Not everything is lost.

You're not the only one.

You've just been looking from inside the cave.

Sometimes we isolate ourselves before anyone ever pushes us away.

We retreat out of protection, not rebellion.

We assume no one understands, no one sees, no one cares.

But the truth is: the enemy always wants you to feel like the last one standing-because isolation weakens your hope.

God was never angry with Elijah's emotions.

But He also wasn't going to let him keep living by assumptions instead of reality.

Here's what I need you to remember:

Loneliness can sound true in your feelings,

but be false in your facts.

God always has a remnant.

There's always someone else walking the path-even when you can't see them yet.

And if you've felt like Elijah-tired, cornered, unseen-I want to remind you of this:

God still keeps count of the faithful.

He knows who's standing.

And He wants you to know: you're not standing alone.

Page 6 - From Hiding to Helping

Title: And Then, He Found Elisha

After God gives Elijah his next steps-after the wind, the whisper, the question, and the correction-He tells him to find a man named Elisha.

No fanfare. No emotional buildup. Just a name... and a future.

"Anoint Elisha son of Shaphat... to be prophet in your place."

This is easy to miss, but don't rush past it.

Elisha is more than a successor.

He's the connection Elijah didn't know he needed.

Think about it: God doesn't give Elijah a new army. He gives him a companion.

Someone to walk with. Someone to pass the mantle to. Someone who will journey beside him for a stretch.

That's how God pulls Elijah out of the cave-not just with a task, but with touch.

A human presence. A reminder: "You don't have to carry all of this alone."

This right here is one of the most sacred gifts God gives when we're in recovery: people.

Not perfect people. Not loud people. But appointed people.

Elisha didn't come with answers. He came with availability.

And that was enough.

Sometimes what saves you isn't another miracle-it's a hand on your shoulder.

Someone who walks behind you at first... and beside you later.

And here's what blesses me:

Elijah didn't find Elisha in the cave.

He found him after he left.

There are people assigned to your healing... but you may not meet them until you take the next step.

You don't have to feel strong to take it. Just willing.

Caves isolate.

But callings reintroduce you to community.

And maybe that's the season you're walking into-not a season of spotlight, but of quiet companionship.

The kind that reminds you your story still matters, even when you're not center stage.

Page 7 - The God Who Doesn't Rush

Title: Gentle with the Worn Out

What strikes me most about this whole story...

is how patient God is with Elijah.

Think about it.

God could've said, "You're done."

He could've picked someone younger. Someone stronger. Someone less emotional.

But He didn't.

Instead, God let Elijah collapse.

He let him cry.

He let him sleep.

He let him ramble in distorted fear.

And then... He cooked him a meal.

That doesn't sound like a high-pressure, get-it-together kind of God.

That sounds like a Father.

A gentle one.

In a world that rushes grief, skips recovery, and applauds productivity over healing-God steps in with something radical:

Tenderness.

He didn't expect Elijah to leap out of burnout.

He let him move slow.

One nap.

One meal.

One conversation.

One step at a time.

And you know what that tells me?

God isn't just strong enough to restore you.

He's patient enough to wait for you to be ready.

That's the kind of Father He is.

Not shoving you back into ministry. Not rolling His eyes at your weakness.

But meeting you with mercy at every fragile step.

Maybe that's what you need today-not another answer, not another verse, not another push.

Just this:

He still wants you.

Even when you feel like a shadow of yourself.

He hasn't changed His mind.

Page 8 - The Walk Back

Title: Healing Is a Path, Not a Flash

Elijah didn't get up from the cave and instantly feel better.

There was no "spiritual high" that washed it all away.

No emotional altar call moment that fixed everything inside him.

He got a next step.

Then another.

"Go back the way you came..."

That line lingers.

God didn't reroute him through easier terrain.

He told Elijah to walk back through the very places he'd come from.

Back through the wilderness.

Back through the silence.

Back through the memories of where it all fell apart.

Why?

Because healing doesn't mean avoiding the places that hurt-it means learning how to walk through them differently.

That's where courage shows up. Not in loud declarations, but in quiet obedience.

We like quick fixes.

God loves lasting transformation.

And that usually takes time.

Elijah still had scars. Still had emotions. Still had days where the fire didn't fall.

But now he had something deeper anchoring him:

God had met him in the silence.

God had trusted him with purpose.

And God had shown him-he wasn't walking alone anymore.

Friend, your healing may not come in a flash of light.

But if you'll walk with Him one step at a time,

you'll find that the same God who met you in the cave... walks with you all the way home.

You don't need to feel "ready."

You just need to be willing.

Healing happens in motion.

Page 9 - What You Don't See Yet

Title: Your Legacy Is Still Unfolding

Elijah thought it was over.

That cave? It felt like a funeral.

That whisper? A final mercy.

That assignment? A quiet exit.

But here's what Elijah didn't realize:

His greatest impact wasn't in calling down fire.

It was in passing on the fire.

Elisha would take up his mantle.

The next generation would carry the mission.

The ripple effect of Elijah's obedience would echo for centuries.

Elijah didn't write a book. He didn't start a school.

He just walked faithfully out of a dark place-and handed what he had to someone else.

And that was enough.

You may not feel like you're building a legacy.

You may just feel like you're trying to survive the next day.

But let me tell you something, as your brother in Christ and fellow traveler:

The cave you're walking out of right now?

That journey may become someone else's rescue map.

Your healing becomes a testimony.

Your scars become road signs.

Your quiet faithfulness becomes the spark that lights someone else's torch.

Elijah never saw the full weight of what his life would mean.

Neither will you.

But obedience now shapes impact later.

The cave wasn't a grave.

It was a womb.

Something was being born in the dark-something holy.

So don't discount where you are.

And don't rush what God is still unfolding.

You're not just recovering.

You're investing in a legacy you may never fully see-but heaven already counts it.

Page 10 - The Closing Blessing

Title: Step Out, Slow and Steady

You made it to the end of this journey... but not the end of yours.

And maybe that's the biggest shift Elijah teaches us:

That we don't leave the cave with everything fixed-we leave it with enough light to take the next step.

That's all you need right now.

You don't have to be loud.

You don't have to lead crowds.

You don't even have to feel fully healed.

You just have to know this:

God met you in the silence.

He reminded you of your name.

And He still trusts you with His work.

There is no shame in slowing down.

There is no guilt in needing rest.

There is no failure in walking quietly with God.

Elijah didn't walk out of the cave with fireworks.

He walked out with God.

So as you return to your routine-your family, your ministry, your calling-I pray this over you:

May you listen for whispers more than applause.

May you find peace in stillness, not just in productivity.

May you trust that the cave didn't end your story... it deepened it.

And may you walk gently into what's next, knowing you don't walk alone.

You're not forgotten. You're being formed.

And this wilderness? It's part of your testimony.

With love and hope,

Minister Ronnie Glass