

# More Than Hearing Worksheet

Episode: B Ordinary 19x2018

Text 1 Kings 19:4-8

4 But [Elijah] himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O Lord, take away my life, for I am no better than my ancestors." 5 Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." 6 He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. 7 The angel of the Lord came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." 8 He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

[Year C, Ordinary 12, 2016](#)

[Worksheet Ord 12C](#)

Word - B, Eye - B, Math - I, Body - B, Music - I, Nature - B, People - S, Self - B

Smarts	Images in the text/ interesting exegesis	Illustrations	SFX
Word - Verbal/Linguistic		<p>Get up and eat! This made me think of being called by dinner bells. This article has two stories <a href="#">about the use</a> of dinner bells, especially in Mingo County, WV.</p> <p>Has Elijah entered the <a href="#">Despair Event Horizon</a>? Or is he having a <a href="#">BSOD</a> (blue screen of death)?</p>	<p>Find a triangle or large bell and ring it each time the angel says, "Get up and eat!"</p> <p>Are there other ways you know or have experienced being called to dinner?</p>
Eye - Visual/Spatial		<p>The prophet Elijah [Elias] by <a href="#">Daniele da Volterra</a> - no indication if this painting was the first or second time he ate and drank.</p> <p>Also, by <a href="#">Ferdinand Bol</a>. He looks very tired.</p> <p>The <a href="#">location</a> of the cave at Horeb?</p>	<p>Google <a href="#">maps</a> the journey.</p>

		Travelling 40 days and 40 nights would take Elijah far <a href="#">outside the boundaries</a> of Israel/Judah.	
Math - Logical/Mathematical		Was the angel something Elijah dreamed? Did his exhaustion and hunger play any role in it? <a href="#">Oneirology</a> is the study of the brain's mechanics during dreaming.	
Body - Kinesthetic	Elijah needed fuel for the rest of the journey. See <i>EYE</i> above	A <a href="#">fact sheet</a> about food, nutrition, and world hunger from Concern Worldwide and FoodAid.  A much more <a href="#">brief article</a> from LiveStrong.	⇐ If you are not already participating in hunger relief, this would be a good time to look into it.  ⇐ If you are already supporting hunger initiatives in your community, a reminder of how folks can participate would go well here!
Musical	Elijah may have found the chorus of this song familiar ⇒  And this play ⇒	<i>"I tried so hard and got so far But in the end, it doesn't even matter I had to fall to lose it all But in the end, it doesn't even matter..."</i> — <a href="#">Linkin Park</a> , "In the End"  <i>Life's but a walking shadow, a poor player That struts and frets his hour upon the stage And then is heard no more: it is a tale Told by an idiot, full of sound and fury, Signifying nothing.</i> — Macbeth, <a href="#">William Shakespeare's Macbeth</a>	
Natural		Elijah's <a href="#">broom tree</a> was likely the <a href="#">Retama raetam</a>	Bring in a Russian thistle -aka a <a href="#">tumbleweed</a> .

		Australia considers it an <a href="#">invasive weed</a> .	This is an article that touts the benefits of <a href="#">mesquite</a> .  What hardy, drought resistant plants are in your area?
People - Interpersonal	“I am no better than my ancestors.” This is a difficult admission for someone who maybe thought he WAS better than his ancestors.	<p><i>Post recording addition:</i></p> <p><a href="#">Common Types Of Self-Defeating Behaviors</a></p> <p>Avoidance behaviors involve avoiding certain people or situations with the idea that it will also mean avoiding hurt or pain. Avoidance can also show up as delaying doing things, stopping an activity part way through, or giving something minimal effort. In the short-term, there is logic to avoiding behaviors. If you don't participate, you can't lose. However, by the same token, you can't win if you don't play.</p> <p>Hiding behaviors occur when a person is ashamed or embarrassed to show their real self. They might try to cover up parts of their identity, such as sexuality, personality traits, or appearance. People with low self-esteem may engage in hiding behaviors because they feel it will make them more like everyone else, and therefore able to fit in.</p>	<p>The length of the journey, 40 days and 40 nights, is problematic if we take it literally. If, however, we take as a metaphor, it means that Elijah was on a journey that was going to change him. He began in fear from Jezebel's threats and in this passage has stopped due to exhaustion and despair.</p> <p>Break your congregation into smaller groups and discuss times when you have been on a journey that results in transformation. What was the journey? How were you transformed? Where was God along the way?</p> <p>OR</p> <p>Why do you think Elijah had given up?</p>
Self - Intrapersonal	“It is enough.” Elijah sounds like he is exhausted and since he had just recently slain 450 people, he probably	<p>Was his exhaustion <a href="#">mental</a>?</p> <p>Or <a href="#">PTSD</a>? (After a car accident in January 2016,</p>	Some <a href="#">simple options</a> for reducing mental fatigue.

	<p>is.</p> <p>Maybe Elijah thought the great triumph on Mt. Carmel would once and for all put an end to the injustice inflicted by Ahab and Jezebel. He was very wrong; if anything Jezebel was even more determined to wreak havoc and on him! Maybe the exhaustion was due to his incorrect assumptions.</p>	<p>I “relived” the impact for days afterwards. The problem was that I was stiff and sore and every time the scene replayed itself, I would tense up. It really hurt; so I decided that since I was safely through the accident, the next time it resurfaced, I would just go with it - sitting safely on my couch. The scene started, I got tense and reactive but allowed myself to relive the impact(s) and then tell myself, “You’re sitting here and are okay.” It was unpleasant, but the next time it came back, I did it again until the power of the experience dissipated. I managed to rid myself of the negative energy of the memories by experiencing them in a safe setting. This may not work for everyone or for every trauma, but this did for me.)</p> <p>Or travelling a long distance quickly?</p> <p>Or all three?</p>	<p>How much of our own exhaustion is due to our misapprehension of God’s activity in the world? How much are we suffering because we think God is doing it wrong? Or not on our schedule?</p>
--	--	---	---