



**STEP THREE: IMPLEMENTING NEW OR  
REFRESHED BOUNDARIES**

Worksheet: Enriching your faith in a  
change of season

Read 1 Kings 19:1-13 If you can, go online and read the Common English Version (CEV), it helps!

Name a time in your life where God stirred you to eat, drink and carry on so you do not become weak on your journey.

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Why do you think Elijah covered his face when he went to see God?

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What kind of reverence can you give to your heavenly Father when you go to meet with Him?

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We can get stuck in our fears. What would you answer to God is he asked you today, "Why are you here?" [Hiding in your proverbial cave]

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