

Sermon for Second Sunday after Pentecost, 22 June 2025.

1 Kings 19: 1-18; Psalm 42; 43; Galatians 3:10-14, 23-29; Luke 8: 26-39

Title: “It is Enough, O Lord”

Themes: Honesty in Prayer...Journey Within...Be still...Listen...God’s presence in the sound of sheer silence...

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

In 1 Kings 19, we meet the prophet Elijah—not in triumph, but in exhaustion. He’s just experienced a spiritual high: calling down fire from heaven, defeating 450 prophets of Baal. Yet here, under the broom tree in the wilderness, he is utterly undone. He prays, *“It is enough; now, O Lord, take away my life, for I am no better than my ancestors.”*

Have you ever reached that place? That moment when you feel you've given all you have, and it still isn't enough? When you're running on empty—physically, emotionally, spiritually—and all you can do is collapse under the 'broom tree' and whisper, “I’m done”; “I’ve had enough”?

Elijah, the great prophet, did. And the beauty of this story is that God does not scold him. God does not say, “Pull yourself together!” Instead, God responds with gentleness and tenderness. First, an angel brings food and water. Then, Elijah is led to Mount Horeb, where he encounters God—not in the wind, the earthquake, or the fire, but in the sound of sheer silence.

Luigi Gioia, in *Say it to God*, reflects on this moment and reminds us that it is okay—even holy—to speak our despair and disappointment to God. Elijah’s honesty becomes a kind of prayer: raw, unfiltered, and real. No posturing. Authentic and open.

Sometimes our most authentic prayer is not the well-formed liturgy or the carefully chosen words, but the simple, broken cry: “Lord, I can’t do this anymore.”

And in that honesty, something sacred happens. God comes close—not to fix us or the problem instantly, but to nourish, restore, and accompany us (*see Psalm 23:3*).

Again Luigi Gioia puts it beautifully, *“We are so often busy standing and ministering in our churches, heaping up phrases, thinking we will be heard by the Lord because of our many words, that we miss the crucial moment in our prayer when we are invited to rest for a while, to sit and be silent, to simply dwell and continue in God’s presence and*

listen. The silence we are so afraid of might not be empty after all; it might have a sound; it might be filled with God's presence." ~Gioa, (*Say it to God*, p.188).

God doesn't change Elijah's circumstances immediately—but He changes Elijah's vision. He reminds him he's not alone, that there is a remnant still faithful, and that his journey is not over (see *1 Kings 19:18*).

Dear sisters and brothers in Christ, if you find yourself under the 'broom tree' today—if life feels too heavy or ministry too hard or if you are sick or have someone you love who is sick, if the bills are piling up or there's a strain in your relationship—remember this: God sees you. God hears your cry. And God responds not with judgment, but with care, love and tenderness.

You are allowed to say, "It is enough." And in that confession, you may just discover that God is enough—for you.

And so we pray with St Augustine:

"O Lord, in whom we live and move and have our being:
You have made us for yourself, and our hearts are restless
until they find their rest in you." Amen.

The Reverend Constantine Osuchukwu
Parish Priest
22 June 2025
AMDG