

💔 WHEN YOU'RE DOWN TO NOTHING

Finding Faith When You Feel Emotionally, Spiritually, and Financially Empty
A Bible Study on the Widow at Zarephath – 1 Kings 17:8–16
By Pastor Kim Bulgin

1. THE WIDOW'S STORY – GOD SEES YOU IN THE DROUGHT

Have you ever felt like you were running on fumes?
Like you've poured out everything you had—mentally, emotionally, even spiritually—and still feel unseen, overlooked, and under-supported?

That's where we meet this woman.
A single mother. A widow. In a famine.
She's not planning a future—she's preparing to die.
And still, God sends a Word to her house.

He doesn't send the prophet Elijah to royalty.
He sends him to *her*.

This story reminds us that miracles don't start with abundance—they start with obedience.
That even when you feel like you're at the end, God is still writing you into something sacred.

🔑 Key Gems:

✨ **Your drought doesn't disqualify you.**
✨ **God sends Word to the overlooked and overwhelmed.**
✨ **Miracles often begin with a trembling "yes."**
✨ **God will stretch your little and sustain you daily.**

📖 God's Receipts:

- 1 Kings 17:8–16 – The widow prepares her last meal, obeys Elijah, and witnesses daily provision.
- Psalm 34:10 – "Those who seek the Lord lack no good thing."
- Isaiah 58:11 – "The Lord will guide you always; he will satisfy your needs in a sun-scorched land."
- Matthew 6:11 – "Give us this day our daily bread."

2. TIME TO GET REAL!

Let's Reflect:

- Where in your life do you feel like you're down to your last "emotional spoon"?
- Has God ever asked you to give or move when you were already running on empty?
- What "little" do you currently have that God might want to stretch?

3. WORD STUDY HIGHLIGHT #1: Tsavah (צָוָה) – *He Already Chose You*

📖 1 Kings 17:9 – "I have commanded a widow there to provide for you."

Hebrew Breakdown:
Tsavah = to assign, appoint, or ordain with divine purpose.

🧠 Fresh Revelation:

The widow didn't even know she was in the plan but God had already pre-approved her yes.
This means you're not just reacting to God's call, you've been *prepared for it*.

MAIN TAKEAWAY:

You didn't stumble into this season.
God's already spoken your name in places your feet haven't touched yet.
He sees you even in the dry places.

🗣️ Tell yourself:
"God, I may feel empty, but You've already assigned purpose to my life."

4. WORD STUDY HIGHLIGHT #2: Shemen (שֶׁמֶן) – *Sacred Oil*

📖 1 Kings 17:16 – "The jar of flour was not used up and the jug of oil did not run dry…"

Hebrew Breakdown:
Shemen = oil, but also means anointing, joy, and the presence of God.

🧠 **Fresh Revelation:**

This wasn't just cooking oil—this was evidence of God's sustaining power.
When you pour what you have, God pours what He is.

MAIN TAKEAWAY:

The miracle was never about overflow—it was about ongoing grace.
Daily oil. Daily strength. Daily presence.
God doesn't need to flood your life to prove He's in it—sometimes, He shows up in the steady drizzle.

🗣️ **Tell yourself:**
"God, thank You for showing up daily even when it's not dramatic."

5. SINCERELY TALK TO GOD

"Lord, I bring You my little, my tired yes, my worn-out faith, my last ounce of hope.
Stretch what's left.
Breathe on it.
Multiply it.
And give me the courage to obey You—even when it hurts.
Thank You for being the God of just enough. In Jesus' name, Amen."

6. LET IT ALL OUT, SISTER!

Journaling Prompt:
Where in your life do you feel like the flour is running low and the oil is almost gone?
What would it look like to trust God with your "just enough"?

7. SPEAK LIFE, QUEEN!

✅ **God sees me in dry places.**
✅ **My little is still holy.**
✅ **This stretch is sacred.**
✅ **I will not run out—I will run over.**
✅ **Daily grace. Daily oil.**

8. ONE DAY DEVO – THE MIRACLE OF "JUST ENOUGH"

📖 **1 Kings 17:15 – "So she went away and did as Elijah had told her. So there was food every day…"**

Deeper Reflection:

- **What if provision isn't meant to come all at once?**
- **What if the true miracle is the faith to trust God day by day?**
- **How has God already been sustaining you—quietly, faithfully, without applause?**

📖 ***Scriptures for Meditation:***

- **Lamentations 3:22–23 – "His mercies are new every morning…"**
- **Deuteronomy 8:3 – "Man does not live on bread alone, but on every word that comes from the Lord."**
- **Proverbs 3:5 – "Trust in the Lord with all your heart…"**

✨ NEXT STEPS

Ready for more?

🎓 Join the **House of Women Membership** — a space for smart, spiritual women like you who are done second-guessing their worth. JOIN HERE
💎 Grab my book *The Sisters Stay Dropping Gems* for more truths from powerful women in Scripture.
📺 Subscribe to House of Women on YouTube. We're on the road to 1,000 subscribers and every single one matters.

📣 **Don't keep this to yourself! Share this study with a woman who needs to remember that she's still worthy.**