

## **~NOURISHMENT (11)**

**[English, food, sustenance, diet]**

- **Elijah went in the power of a single feeding, it serving as nourishment for him for forty days.**
- **So he rose up and ate and drank, and he kept going in the power of that nourishment for forty days and forty nights as far as the mountain of the true God, Horeb. (1 Kings 19:8)**