

Depression, Learning from Elijah

Introduction: Most of us have battled it at one time or another. Why? We might wonder, is it a matter of not trusting God? Sin in our lives? Physical problems, lack of faith?

I) Great Men of the Bible Dealt With Depression/Anxiety

- A) **Moses - Numbers 11:12 -14.**
- B) **Jeremiah -- Jeremiah 20:14, 18**
- C) **David -- Psalms 38:3 -4**
- D) **Jonah - Jonah 4:3 "**
- E) _____, **1 Kings 18.**
 - 1. Challenged the prophets of Baal, and won! **1 Kings 18:37 -40**
 - 2. The drought ended. **1 Kings 18:41-46.**
 - 3. Chapter 19 we have Jezebel, an evil and vile woman. **1 Kings 19:1**
 - a. _____, **1 Kings 19:2**
 - b. _____ -- **1 Kings 19:3**
 - c. Why? **1 Kings 19:4b** Instead of praying for deliverance he prays for _____!

II) Elijah Teaches Us About Depression

- A) **Elijah _____, 1 Kings 19:3-4a**
 - 1. He left behind his servant and those who stood with him in **1 Kings 18.40.**
 - 2. Depression - _____, **Ecclesiastes 4:9 -10**
- B) **He _____**
 - 1. **1 Kings 19:4c "LORD, take my life, for I am no better than my fathers!"**
 - 2. "I _____ am left" **1 Kings 19:10**

III) God's Remedy

- A) _____, **1 Kings 19:5 -6**
 - 1. Physically Elijah was exhausted, (**v. 4**) and after dealing with the prophets of Baal.
 - 2. We sometimes use the term "comfort food" provides us nourishment and comfort.
- B) **God _____, 1 Kings 19:11 -13**
 - 1. What does the voice of God sound like?
 - a. Voice of Jesus -- **Revelation 1:15 His voice as the sound of;**
 - 2. A small, still voice, **v. 12.**
 - a. With a single question, " _____?"
 - b. I wonder if God would speak to us if we would hear a booming voice or a gentle voice with a single question.
- C) **God made _____, 1 Kings 19:15**
 - 1. Anoint Hazael and Jehu as kings. Two unlikely men to be kings.
 - 2. BTW- there are 7,000 men like you, **v. 18**
- D) **God gave _____, 1 Kings 19:16b**

IV) Five Things To Do To Get Out of The Pit

- A) **Remind yourself you are _____.**
- B) **Don't forget how _____ you are.**
- C) **Take care of yourself _____.**
- D) **Enlarge your world, stop the _____**
- F) **Embrace the power of _____.**