

ELIJAH: A PROPHET FOR CHALLENGING TIMES

Week 3: Dealing with Depression

1 Kings 19.1-9

He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." 1 Kings 18.4

CONDITIONS THAT PLAYED INTO ELIJAH'S DEPRESSION:

Fear:

Failure:

Forsaken:

Fatigue:

TRUTHS TO REMIND ELIJAH IF YOU WERE HIS FRIEND:

1. God is OK with you feeling this way: no condemnation.
2. God still cares for you and will provide for you. (v6)
3. God is drawing you towards himself. (v8)

Life is a journey. There are times when our journey is an overwhelming challenge bringing on depression. Lessons learned from Elijah's experience:

PHYSICAL LESSONS:

- ⇒ Get enough sleep. v5
- ⇒ Eat healthy. v6, 8
- ⇒ Exercise. v8
- ⇒ Find an angel to minister to you. v5-7

PSYCHOLOGICAL LESSONS:

- ⇒ Be aware of the "let down" after a big event.
- ⇒ Comparisons can do damage. v4
- ⇒ Situations are not always as they appear. (18.22, 19.10)

SPIRITUAL LESSONS:

1. Surrender your **EXPECTATIONS** to God.

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Proverbs 3.5-6

2. Set your **FOCUS** on God not your situation.

"Don't be bluffed into silence by the threats of bullies. There's nothing they can do to your soul, your core being. Save your fear for God, who holds your entire life—body and soul—in his hands." Matthew 10.28 MSG

3. Find your **SHELTER** in God not anything else.

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. Psalm 91.1

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What is God saying to me?

What am I going to do about it?