



When a Child of  
God is Depressed  
1 Kings 19:1-19

## This Song May Sound Familiar to the “Seasoned Seniors” Here

*“Gloom despair and agony on me,  
Deep dark depression and endless misery,  
If it weren’t for bad luck, I’d have no luck at all,  
Gloom despair and agony on me.”*

- There are times in our lives, I would dare say, that we have felt like this if we were honest
- Depression has been called “the common cold of psychological disorders” (over 17 million Americans)
- In a poll conducted by The Kaiser Family Foundation, 45 % of adults in the U.S. have been negatively impacted mentally with stress and anxiety since COVID 19 (job loss, financial stress, isolation protocols, divorce)

## Elijah, a Child of God, Had to Deal With Discouragement and Depression

**Elijah had seen God work in his life, as we have**

- While a fugitive in a foreign land; he had to live with a widow and her son, whose food and oil supply never ran out during a famine in the land
- When the widow's son died suddenly, Elijah raised him up
- When the king's wife, Jezebel, had a contract out on Elijah's life; God hid him in a cave and fed him with ravens delivering "DoorDash" every day
- Elijah was an obedient child of God (he had an obedient track record, not consistently ignoring God's instructions) or acting like Jonah in his story
- But Elijah's relationship with God didn't keep him from experiencing depression in his life

## So Why Was He Depressed?

**#1 He was in a position of Susceptibility—He had just had just defeated 450 false prophets on Mount Carmel**

The point is this: when you are on the top of a mountain of success; there is only one direction to go from there ... down, (depression typically follows the excitement of the Christmas holiday season, antidepressant drug use increases during this time of year)

Life is full of ups and downs, so when you experience those ups don't expect to "*never*" come down

Eventually *you will come down* so be prepared for that

## #2 Elijah Had Received Some Bad News

- The king's wife, Jezebel, had placed a contract on his life
- Defeating the 450 evil prophets hadn't caused Jezebel to repent, but rather to concoct more evil against him

### Elijah's Psyche Was Affected

- In verse 4 he says, *"I've had enough. Take my life."* Elijah had given his best; but seemingly to him, things had gotten worse
- Helpless-Hopeless Syndrome is a psychological term used to describe when bad things happen to a person who feels helpless to stop them and they see no sign of future improvement:  
Dreaded D-Words: Divorce, Disease, Disaster, Death
- There is a normal period of depression after these events but there is a limit. (if after 6 months a person hasn't left the house, they need help with depression)

## #3 Elijah Was Susceptible to Depression Due to Mental and Physical Exhaustion

- He had just had this long event with the 450 false prophets in chapter 18
- Then after waiting for rain he travelled 18 miles to the capital city of Jezreel as fast as he could
- Then when he was threatened by Jezebel he turned around and started running for his life again and ran deep into the desert

**Point: Being Mentally and Physically Tired Can Set You Up For Depression**

- Trying to keep your marriage intact can exhaust you
- Trying to develop your children spiritually and educationally can exhaust you
- Trying to keep up with your own health can be difficult

***You Get Sick and Tired of Feeling Sick and Tired!***

## #1 God Met His Physical and Mental Needs

- Verse 5,6 says that God had an angel appear who fed Elijah; and once he had eaten, he received strength and then rested. *“you’ve got a long journey ahead of you.”*
- Some of us who work 2 or 3 jobs every week need to block out a time to rest. If God gives you a day of rest, take advantage of it! Don’t try to squeeze more work into your rest time, “Chasing the money bag”
- Many people end up in the hospital ICU because of too much work and not enough rest (Bp up, heart rate up and beating irregularly, M.I.)

***The Body Has a Limit On the Amount of Stress it Can Take! (Rest and Exercise)***

## How Did God Answer Elijah’s Depression?





1 Timothy 6:6-10

***“But Godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction.”***

- ***“For the Love of Money, people will lie, Lord they will cheat ...” The O’Jays***



## #2 God Revealed Himself to Elijah

- Elijah had begun to take his eyes off God and place them on his circumstances, so God appeared to Him and reassured him with a gentle whisper, vs 12
- God is bigger than any circumstance that we have in our lives
- Let God whisper to you: Psalms 42:11

*Why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God: for I shall yet praise Him, who is the health of my countenance, and my God*

- David says that God will get you “out of the dumps!”

## Let God's Word Whisper to Your Situation

*Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, as His divine power has given unto us all things that pertain to life and Godliness through the knowledge of Him who called us by glory and virtue. 2 Peter 1:2-3*

- This verse tells me that God has made available to me the answers to the problems and circumstances that try to overwhelm my life
- Before the Google and Siri, information platforms were available there was Jesus and His Word, 2 Tim. 3:16

There's not an "*app for that*" but a "scriptural principle for that!" Ecclesiastes 1:9 "What has been will be again, what has been done will be done again; there is nothing new under the sun." Principle of Fundamental Similarity

- This is one reason why we study and worship together

## #3 To Treat Elijah's Depression God Put Him to Work

- One of the worst things you can do when depressed is to sit around and sulk, and do nothing

In verses 15-17 God gives Elijah a list of chores to do:

- Go to Damascus and anoint Hazael King over Aram
- Then go and anoint Jehu King over Israel
- Then go and anoint Elisha to assume your position
- Basically he is saying to Elijah, *“Elijah don’t have a self-pity party. Get a hold of yourself, get out of your house and get involved!”*

**Let God Put You to Work As He Did Elijah!**

**Look At These Ministries Of Involvement!**

**Information Technology**

**Health**

**Zone**

**Grief Recovery**

**Singles**

**Married Couples**

**Deaf**

**Bible Bowl**

**Personal Evangelism**

**Baptismal**

**Community Action**

**Choral**

**Contact Other Saints To Encourage and Be Encouraged! Philippians 2:12**



# The Plan of Salvation

**Hear the Gospel**                      **Acts 15:7**

**Believe the Gospel**                      **Acts 15:7**

**Repent of Sins**                      **Acts 17:30**

**Confess Christ**                      **Acts 8:37**

**Be Baptized**                      **Acts 8:38**

