



God's People
Deal With
Depression
Too!
1 Kings 19:1-5

Observations

The story in this section of 1 Kings involves the highs and lows that even faithful children of God can experience

God's children can be allowed to have "Mountain Top Blessing Experiences," as well as "Deep Valleys" that seem like total gloom and despair

The key point to remember is this: The Same "God of our Mountain Top Experiences," is the same "God of Our Deep Valleys!" (Disappointments, Our Illnesses, Our Defeats)

We must trust in a God who triages/filters both extremes to keep us close to Him; 1 Corinthians 10:13

There are temptations in both extremes for all of us; Proverbs 30:8-9

Observations

At the end of 1 Kings 18, Elijah had just gotten a personal answer from God, having defeated the 450 false prophets of Israel that were in the evil Queen Jezebel's pocket, and ended a 3 ½ year drought with rain by prayer to the almighty God

But as 1 Kings 19 opens, Queen Jezebel had sworn that with her resources, she would have Elijah hunted down and killed as soon as possible (Public Enemy #1)

In verse 3, we find Elijah now running for his very life

Why Was He Running?

Why Was a Faithful Child of God Running?

Hadn't God fed him miraculously during the drought? 1 Kings 17:2-6

Hadn't God, with a miracle, conserved the widow's oil through his ministry? 1 Kings 17:13-16

Hadn't God used his faithfulness to raise the widow's son from the dead? 1 Kings 17:17-24

Hadn't God sent fire from heaven to consume the evil sacrifice on Mount Carmel? 1 Kings 18:35-40

Hadn't God answered his prayer by sending the rain? 1 Kings 18:45

How Could He Not Apply God's Faithfulness in His Past to his Present Situation?



But Don't We Feel Down in Life Too?

How many times have we been blessed with the right opportunity at the right time?

How many times have we been blessed with keen insight at the right time?

How many times have we been gifted with food or money (scholarship money) at the right time?

How many times has God blessed our prayers about someone who was ill, at the right time?

But the Inability to Solve “Current Situations” Still Darkens Our Emotions!

But Was
There a
Legitimacy
to Elijah's
Depression?

Well, the brook did dry up, 1 Kings 17:7

Well, the widow whom he did befriend
did have a son to die in the first place,
1 Kings 17:17-18

Well, he had to confront King Ahab who
wanted to kill him, 1 Kings 18:14-19

Well, the Queen had declared him as
her "most wanted criminal,"
1 Kings 19:2



Christians Are Not Immune From the Difficulties of This Life!

Despite our worship and our service, sometimes our brook dries up too (money shortfalls)

Sometimes the people you are blessing the most are the ones that stab you in the back (family, church members, friends)

Sometimes we are the ones who “saved the day at work,” or “improved things at home,” but instead we are perceived as the scapegoat for everything that goes wrong

Sometimes in spite of our Christian lives, we experience the “death of the widow’s son”(Covid 19 has infected Christians)

But the Truth is: The death of OUR plans, goals, and disasters that we and others close to us face can become “resurrection opportunities” for a better relationship with God

Without disappointments we might not learn dependence!

Notice How Elijah Deals With Depression

1) In 1 Kings 19:3 he panics and runs away.

Some depressed people resign their jobs, drop out of school, drop out of Church, or remove themselves from their usual environments, and basically “run away”

Rather than allow God to change us, we experience futility (uselessness); thoughts of worthlessness, vs 4

2) He isolates himself. Verse 3 says he ran and left his servant (helper) behind. Self Isolation can be dangerous if prolonged. Elijah’s isolation progressed to “death wish” vs 4

“Being left alone,” can help you gain the right perspective, but eventually we may need others to help us dig out of the “emotional hole” we are in. Use your church connections

3) Being depressed/alone, he grew tired and sleepy; verse 5

Symptoms of Depression

Loss of interest or pleasure in most activities (isolation)

Insomnia or Hypersomnia

Fatigue or Low Energy

Thoughts of Worthlessness or Inappropriate Guilt

Recurrent Thoughts of Death or Suicidal Ideations

Depressed Mood That Occurs More Days Than Not

Significant Weight Loss or Weight Gain

Observations

Notice even though Elijah wanted to die, he didn't presume that God wanted him to

My point is this: expressing futility or hopelessness that we might experience in life is one thing, but if we actually give up completely, we are saying, "GOD CAN'T FIX MY PROBLEM!"

In Philippians 4:19, Paul says He can! *(My God shall or will supply all your need"... not might)*

Notice that God's messenger intervenes in verse 5 and tells him to, "get up and eat." God still uses his servants to help us to, "get up, get over it, and move on!" (not a quick fix)

Non-Medical Measures for God's Child

We Will Never Get Over the Low Spots Until We Allow God to Point Us Toward the High Ones!

After the messenger/angel intervenes twice, Elijah finally heads toward Mount Horeb (“the Mountain of God”), the famous place where Moses had stood; 1 Kings 19:5-8

Sometimes during our depressed condition, we have to be pointed toward God, toward scripture, and toward God's promises (The High Locations) Psalms 91 by “messengers”

Another concept that helps to reduce the “grip” of depression is to remember or recite what God has done for you and your biblical predecessors in the past.

Rehearsing your previous Christian triumphs can help to sustain you and your descendants. In 2 Tim.4:17 Paul recounts to Timothy how he was delivered out of the Lion's mouth

So, What Should God's Child Do When Feeling Depressed?

- 1) Obey God's Messengers for us in God's word, 1 Peter 1:3
- 2) Go Where God Tells You to Go (worship whenever possible, virtually when not appropriate for you to do otherwise during this pandemic), Hebrews 10:25
- 3) Be Honest With Your Feelings to God, 1 Kings 19:10
- 4) Be open to God's answer to you (It might be a word from God and not "an event to brag about,") 1 Kings 19:11-12
- 5) Rx Medication may be spiritually providential
- 5) Look for Biblical Confirmation in Scripture (God would never point you to an answer against His written word)

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