

Standing Tall in the Face of Depression

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Standing Tall in the Face of Depression

Sermon by Pastor Brent Snook / March 16, 2025

Series: Standing Tall

Text: [1 Kings 19](#)

Some of the greatest men experienced bouts of depression:

- Luther
- John Knox
- Moses
- Jeremiah
- Jonah
- Paul
- Spurgeon

"For more than a week I was close to the gates of death and Hell. I trembled in all my members. Christ was wholly lost. I was shaken by the desperation of God." – Luther

"Lord Jesus, receive my spirit and put an end to this miserable life." – Knox

"My soul is cast down within me. I feel as if I would rather die than live. All that God hath done by me seems to be forgotten, my spirit flags and my courage breaks down. I need your prayers." – Spurgeon

I THE REALITY OF ELIJAH'S DEPRESSION

- A. Victory of Elijah
- B. Vulnerability of Elijah

Read [1 Kings 19:1-2](#)

II. THE REASONS OF ELIJAH'S DEPRESSION

- A. Fear

"Fear is a thief. It erodes our faith, plunders our hope, steals our freedom and takes away our joy of living the abundant life of Christ." – Neil Anderson

- B. Failure

C. Fatigue

"Fatigue makes cowards out of all of us."

D. Frustration

Read [1 Kings 19:9-10](#)

III. THE RESULT OF ELIJAH'S DEPRESSION

A. Ran

Read [1 Kings 19:3a](#)

B. Retreat

Read [1 Kings 19:3b-4](#)

The first things we tend to do is the worst thing we can do: get alone

C. Request

Read [1 Kings 19:4](#)

IV. THE RECOVERY OF ELIJAH'S DEPRESSION

A. Provision

Read [1 Kings 19:5-7](#)

Sometimes we don't need a sermon – but rather a sandwich

Read [1 Kings 19:8](#), [19:9](#), [19:10](#)

B. Power

Read [1 Kings 19:12b-13](#)

God doesn't always speak through the big things – but rather, sometimes it is through the simple things of life

C. Purpose

God is not finished with you. There is still much to do.

D. People

Read [1 Kings 19:18-21](#)

If you want to go fast, go alone. But if you want to go far, go together.

There are three times when the tendency is to **get low**

1. When things happen that you don't think should happen

2. When things you're convinced will happen don't
3. You expect things to happen now – but they don't happen for a long time