Pastor Cliff

1 Kings 18:46-19:8

The Prophet Elijah

Week 08

November 01, 2026

Elijah's Spiritual Depression

Introduction *(1 Kings 19:4, 17:1, 21, 18:37-38, 44-46)*

1. The _____ of Elijah's Spiritual Depression *(1 Kings 19:1-4, 18:36; Numbers 11:15; Job 10:18; Jeremiah 20:14; Jonah 4:3; 2 Corinthians 1:8; James 5:17; Philippians 4:13)*

2. The _____ of Elijah's Spiritual Depression *(1 Kings 18:41, 19:3-4)*

3. The _____ of Elijah's Spiritual Depression *(1 Kings 19:4-8; Hebrews 13:5-6; Matthew 11:28-29; John 6:35; Romans 8:1; John 21:15-17)*

Discussion Questions (1 Kings 18:36-45)

1. Review 1 Kings 17:1-18:45, what are the highlights of Elijah's ministry? Why did Elijah run before Ahab? *(1 Kings 18:46)* Based on what we have seen so far what kind of man was Elijah?

2. What do we learn about the relationship between Ahab and Jezabel and why was Jezabel so intent on killing Elijah? *(1 Kings 19:1-2, 16:30-33, 18:19)*

3. Why do you think Elijah was so afraid of Jezabel that he ran for his life? *(1 Kings 19:2-3, 18:4)*

4. Based on our text (1 Kings 18:46-19:4) and what you know about human psychology what factors may have contributed to Elijah's spiritual depression and prayer that the LORD take away his life?

5. What does Elijah's spiritual depression say to those who believe becoming a Christian, or being a great man or woman of God, means your troubles will be over?

6. What did the Lord do (and not do) to bring Elijah out of his spiritual depression and how did Elijah respond? (1 Kings 19:5-8)

7. Have you ever experienced spiritual depression? What were the causes? What does Jesus provide that can bring us out of our spiritual depression? *(Hebrews 11:5-6; Matthew 11:28-29; John 6:35; Romans 8:1; John 21:15-17)*