DEALING WITH DEPRESSION
I KINGS 19:1-4 8-30-20 / AM

I. WHAT CAUSED ELIJAH’S DEPRESSION?

A. In two words is it “Stinkin Thinkin”—Prov. 23:7.

   “As a man thinks, so is he”.

B. Notice three things in Elijah’s story that contributed to his depression.

1. One, he focused on his feelings instead of on the facts—1 Kings 19:3a.

   3a Elijah was afraid and ran for his life...

2. Two, he exaggerated the negative—1 Kings 19:9b-10, 18

   9b-10—And the word of the Lord came to him: “What are you doing here, Elijah?” 10 He replied, “I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”

   18 ... I reserve seven thousand in Israel—all whose knees have not bowed down to Baal.”

3. Three, he forgot to take care of himself—1 Kings 19:6-7.

   6 He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

   7 The angel of the Lord came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.”

II. WHAT CURED ELIJAH’S DEPRESSION?

A. First, when you’re depressed talk to someone, especially to God—1 Kings 19:9b-10a.

   9b-10a—And the word of the Lord came to him: “What are you doing here, Elijah?” 10 He replied....

B. Second, when you’re depressed listen to someone, especially to God.

1. First, remember who God is, as Elijah was reminded—1 Kings 19:11-12.

   11 The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was
not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. 12 After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.

2. Second, listen to what God says—1 Kings 19:15.

15 The Lord said to him, “Go back the way you came...