



***KNOCKED DOWN BY
DEPRESSION***
August 21, 2016

Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. - James 5:17 ESV

TEXT: 1 Kings 19:1-20

BEATING A PATH TO THE CAVE OF DEPRESSION

But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers." ... ⁹There he came to a cave and lodged in it. - 1 Kings 19:4,9 ESV

- **RESTLESSNESS**
- **IRRATIONALISM**
- **DESPAIR**
- **DISHEARTENED**
- **ISOLATION**
- **SELF-IMPORTANCE**
- **EXAGGERATION**

GOD'S PLAN FOR STEPPING ELIJAH OUT OF HIS CAVE

He will not crush the weakest reed or put out a flickering candle. Finally he will cause justice to be victorious. - Matthew 12:20 NLT

And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave - 1 Kings 19:13 ESV

STEP # 1: PHYSICAL RECOVERY

And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, "Arise and eat." ⁶And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. ⁷And the angel of the Lord came again a second time and touched him and said, "Arise and eat, for the journey is too great for you." - 1 Kings 19:5-7 ESV

They that wait upon the Lord shall renew their strength - Isaiah 40:31

Can God spread a table in the wilderness? - Psalm 78:19

STEP # 2: SPIRITUAL SOLITUDE

And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God. - 1 Kings 19:8 ESV

STEP # 3: SCRIPTURAL RENEWAL

And behold, the word of the Lord came to him, and he said to him, "What are you doing here, Elijah?" ... ¹¹And God said, "Go out and stand on the mount before the Lord." And behold, the Lord passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake. ¹²And after the earthquake a fire, but the Lord was not in the fire. And after the fire the sound of a low whisper. ¹³And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, "What are you doing here, Elijah?" ... ¹⁵And the Lord said to him, "Go, return on your way to the wilderness of Damascus. And when you arrive, you shall anoint Hazael to be king over Syria. ¹⁶And Jehu... you shall anoint to be king over Israel, and Elisha ... you shall anoint to be prophet in your place.. - 1 Kings 19:10-16 ESV

The Vigor of Scripture

- THE NUDGING QUESTION
- THE CALMING GRACE
- THE HOPE-FILLED FUTURE

STEP # 4: VITAL CAMARADERIE

So he departed from there and found Elisha..., who was plowing with twelve yoke of oxen in front of him, and he was with the twelfth. Elijah passed by him and cast his cloak upon him. ²⁰And he left the oxen and ran after Elijah - 1 Kings 19:19-20 ESV

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life - John 10:10 NLT

I WILL GET BACK UP BY...

- Memorizing *Matthew 12:20*.
- Stepping out of the cave with the support of Christ, his Word, and his Community.
- Letting the light of Scripture warm and instruct my future.
- Giving my life to Jesus as Savior and Lord, for the first time.

WALK THE TALK ***A Growth Group Guide***

1. Have you ever walked into a cave of depression or known someone who has? How did you, or they, get out of the cave?
2. Why is it so vital to consider the physical aspects as important as the more spiritual aspects in walking out of a cave of depression and depletion?
3. When you have gone on a spiritual sabbatical to get away from it all, what have you found to be the best practices for making the experience the most effective? How often do you do spiritual retreats?
4. Review Step 3, above, and explain why we must allow the Scripture to have a greater influence over our emotions, our minds, and our plans. How are the three points helpful under “The Vigor of Scripture”? What else does Scripture do to help you stay spiritually and emotionally fit?
5. How are you doing with the issue of vital camaraderie? Do you have Christian friends who can walk with you through life and share your values? What will you do to intentionally make this more of a priority in your life?