

# HOW TO DEFEAT DEPRESSION

## DETOX: Part 3

August 27, 2017

Pastor Brian

### 1 Kings 19 (NLT)

When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. <sup>2</sup> So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them."

<sup>3</sup> Elijah was **afraid** and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. <sup>4</sup> Then he went on **alone** into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "**I have had enough**, LORD," he said. "Take my life, for I am no better than my ancestors who have already died."

<sup>5</sup> Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" <sup>6</sup> He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

<sup>7</sup> Then the angel of the LORD came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you."

<sup>8</sup> So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. <sup>9</sup> There he came to a cave, where he spent the night.

But the LORD said to him, "What are you doing here, Elijah?"

<sup>10</sup> Elijah replied, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. **I am the only one left**, and now they are trying to kill me, too."

<sup>11</sup> "Go out and stand before me on the mountain," the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. <sup>12</sup> And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper. <sup>13</sup> When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

And a voice said, "What are you doing here, Elijah?"

<sup>14</sup> He replied again, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."

<sup>15</sup> Then the LORD told him, "Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram.

<sup>16</sup> Then anoint Jehu grandson of Nimshi to be king of Israel, and anoint Elisha son of

Shaphat from the town of Abel-meholah to replace you as my prophet. <sup>17</sup> Anyone who escapes from Hazael will be killed by Jehu, and those who escape Jehu will be killed by Elisha! <sup>18</sup> Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!”

<sup>19</sup> **So Elijah went and found Elisha** son of Shaphat plowing a field. There were twelve teams of oxen in the field, and Elisha was plowing with the twelfth team. Elijah went over to him and threw his cloak across his shoulders and then walked away.

<sup>20</sup> Elisha left the oxen standing there, ran after Elijah, and said to him, “First let me go and kiss my father and mother good-bye, and then I will go with you!”

Elijah replied, “Go on back, but think about what I have done to you.”

<sup>21</sup> So Elisha returned to his oxen and slaughtered them. He used the wood from the plow to build a fire to roast their flesh. He passed around the meat to the townspeople, and they all ate. Then he went with Elijah as his assistant.

## **WHAT CAUSES DEPRESSION?**

1. **FAULTY** THINKING.
2. PHYSIOLOGICAL **ISSUES**.
3. **FATIGUE**.
4. **FRUSTRATION**.
5. **FUTILITY**.

## **GOD’S CURE FOR DEPRESSION**

1. **RECOGNIZE** YOU’RE NOT ALONE.

*“Elijah was a man just like us.” (James 5:17a, NIV)*

Elijah: *“...I am the only one left...” (1 Kings 19:14, NLT)*

*“Be strong and courageous. Do not be afraid or terrified...for the LORD your God goes with you; he will never leave you nor forsake you.” (Deuteronomy 31:6, NIV)*

2. **RESOLVE** ANY PHYSICAL CAUSES.

*“Stop drinking only water, and use a little wine because of your stomach and your frequent illnesses.” (1 Timothy 5:23, NIV)*

*“God resists the proud, but gives grace to the humble.” (James 4:6b, GNT)*

3. **RELEASE** YOUR FEELINGS TO GOD.

*"I have worked very hard for the Lord God of the heavens; but the people of Israel have broken their covenant with you..." (1 Kings 19:10, The Living Bible)*

*"No! I can't be quiet! I am angry and bitter. I have to speak." (Job 7:11, GNB)*

*"Pour out your heart like water in prayer to the Lord. Lift up your hands in prayer to him..." (Lamentations 2:19, NCV)*

*"Cast all your cares on him because he cares for you." (1 Peter 5:7, NET)*

#### **4. RETREAT, REST AND RECOVER.**

*"Then he was told, "Go, stand on the mountain before God. God will pass by."'" (1 Kings 19:11, The Message)*

*"Jesus would often go to some place where he could be alone and pray." (Luke 5:16, CEV)*

*"...the Holy One, says this: "I live in the high and holy place with those whose spirits are contrite and humble. I restore the crushed spirit of the humble and revive the courage of those with repentant hearts. (Isaiah 57:15, NLT)*

#### **5. REFOCUS ON GOD'S PURPOSE OVER YOUR PAIN.**

*Then the Lord told him, "Go...anoint Hazael to be king of Aram. Then anoint Jehu son of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet." (1 Kings 19:15-16, NLT)*

*"But life is worth nothing unless I use it for doing the work assigned me by the Lord Jesus—the work of telling others the Good News about God's mighty kindness and love." (Acts 20:24, The Living Bible)*

*"Now when David had served God's purpose in his own generation, he fell asleep; he was buried with his ancestors..." (Acts 13:36, NIV)*

#### **6. RECONNECT RELATIONALLY.**

*"So Elijah went and found Elisha...then he went with Elijah as his assistant." (1 Kings 19:19&21, NLT)*

*I want us to help each other with the faith we have. Your faith will help me, and my faith will help you. (Romans 1:12, NCV)*

## **LAST THOUGHT**

Don't let depression [DIRECT YOU](#).