

ELIJAH

Dealing with Discouragement and Depression

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1 Kings 18

³⁸ Then the Lord's fire fell and consumed the burnt offering, the wood, the stones, and the dust, and it licked up the water that was in the trench. ³⁹ When all the people saw it, they fell facedown and said, "The Lord, he is God! The Lord, he is God!"

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⁴⁰ Then Elijah ordered them, "Seize the prophets of Baal! Do not let even one of them escape." So they seized them, and Elijah brought them down to the Wadi Kishon and slaughtered them there. ⁴¹ Elijah said to Ahab, "Go up, eat and drink, for there is the sound of a rainstorm."

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⁴² So Ahab went to eat and drink, but Elijah went up to the summit of Carmel. He bent down on the ground and put his face between his knees. ⁴³ Then he said to his servant, "Go up and look toward the sea." So he went up, looked, and said, "There's nothing." Seven times Elijah said, "Go back." ⁴⁴ On the seventh time, he reported, "There's a cloud as small as a man's hand coming up from the sea."

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1 Kings 18

Then Elijah said, “Go and tell Ahab, ‘Get your chariot ready and go down so the rain doesn’t stop you.’”⁴⁵ In a little while, the sky grew dark with clouds and wind, and there was a downpour. So Ahab got in his chariot and went to Jezreel.⁴⁶ The power of the Lord was on Elijah, and he tucked his mantle under his belt and ran ahead of Ahab to the entrance of Jezreel.

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The “Setup”

- Vindication
(vss 38-39)
- Victory
(vs 40)
- Vision
(vss 42-45)

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The “Setup”

- Vindication
(vss 38-39)
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(vs 40)
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“The physical cannot fully grasp the comprehensiveness of the spiritual. God’s work is behind the scenes, beyond all the readouts. If we limit the scope for our hopefulness to the immediately visible, we’ll get an inaccurate reading on the scenario we’re seeking to evaluate. Believers must live by believing what they cannot see. It has always been the case.”

Priscilla Shirer, Awaken

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1 Kings 19

¹ Ahab told Jezebel everything that Elijah had done and how he had killed all the prophets with the sword. ² So Jezebel sent a messenger to Elijah, saying, "May the gods punish me and do so severely if I don't make your life like the life of one of them by this time tomorrow!" ³ Then Elijah became afraid, and immediately ran for his life. When he came to Beer-sheba that belonged to Judah, he left his servant there, ⁴ but he went on a day's journey into the wilderness.

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1 Kings 19

He sat down under a broom tree and prayed that he might die. He said, "I have had enough! Lord, take my life, for I'm no better than my ancestors."

⁵ Then he lay down and slept under the broom tree. Suddenly, an angel touched him. The angel told him, "Get up and eat." ⁶ Then he looked, and there at his head was a loaf of bread baked over hot stones, and a jug of water. So he ate and drank and lay down again.

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⁷ Then the angel of the Lord returned for a second time and touched him. He said, "Get up and eat, or the journey will be too much for you." ⁸ So he got up, ate, and drank. Then on the strength from that food, he walked forty days and forty nights to Horeb, the mountain of God. ⁹ He entered a cave there and spent the night.

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Suddenly, the word of the Lord came to him, and he said to him, "What are you doing here, Elijah?"

¹⁰ He replied, "I have been very zealous for the Lord God of Armies, but the Israelites have abandoned your covenant, torn down your altars, and killed your prophets with the sword. I alone am left, and they are looking for me to take my life."

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¹¹ Then he said, "Go out and stand on the mountain in the Lord's presence." At that moment, the Lord passed by. A great and mighty wind was tearing at the mountains and was shattering cliffs 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.

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¹² After the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was a voice, a soft whisper. ¹³ When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave.

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1 Kings 19

14 “I have been very zealous for the Lord God of Armies,” he replied, “but the Israelites have abandoned your covenant, torn down your altars, and killed your prophets with the sword. I alone am left, and they’re looking for me to take my life.”

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¹⁵ Then the Lord said to him, “Go and return by the way you came to the Wilderness of Damascus. When you arrive, you are to anoint Hazael as king over Aram. ¹⁶ You are to anoint Jehu son of Nimshi as king over Israel and Elisha son of Shaphat from Abel-meholah as prophet in your place.

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¹⁷ Then Jehu will put to death whoever escapes the sword of Hazael, and Elisha will put to death whoever escapes the sword of Jehu. ¹⁸ But I will leave seven thousand in Israel — every knee that has not bowed to Baal and every mouth that has not kissed him.”

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¹⁹ Elijah left there and found Elisha son of Shaphat as he was plowing. Twelve teams of oxen were in front of him, and he was with the twelfth team. Elijah walked by him and threw his mantle over him. ²⁰ Elisha left the oxen, ran to follow Elijah, and said, "Please let me kiss my father and mother, and then I will follow you." "Go on back," he replied, "for what have I done to you?"

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²¹ So he turned back from following him, took the team of oxen, and slaughtered them. With the oxen's wooden yoke and plow, he cooked the meat and gave it to the people, and they ate. Then he left, followed Elijah, and served him.

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Discouragement and Depression

- Physical
- Emotional (feelings)
- Mental (thoughts)
- Spiritual

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Depression in the Bible

- Moses
- David
- Jonah
- Paul
- Job

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Depression in the Bible

- Moses
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Elijah

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Dealing with Discouragement and Depression

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Dealing with Discouragement and Depression

- Isolation

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1 Kings 19

³ Then Elijah became afraid, and immediately ran for his life. When he came to Beer-sheba that belonged to Judah, he left his servant there, ⁴ but he went on a day's journey into the wilderness. He sat down under a broom tree and prayed that he might die. He said, "I have had enough! Lord, take my life, for I'm no better than my ancestors." ⁵ Then he lay down and slept under the broom tree. Suddenly, an angel touched him. The angel told him, "Get up and eat."

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⁶ Then he looked, and there at his head was a loaf of bread baked over hot stones, and a jug of water. So he ate and drank and lay down again.

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Dealing with Discouragement and Depression

- Isolation versus Community

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1 Kings 19

⁵ Then he lay down and slept under the broom tree. Suddenly, **an angel touched him.** The angel told him, "Get up and eat." ⁶ Then he looked, and there at his head was a loaf of bread baked over hot stones, and a jug of water. So he ate and drank and lay down again. ⁷ **Then the angel of the Lord returned for a second time and touched him.** He said, "Get up and eat, or the journey will be too much for you."

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1 Kings 19

¹⁵ Then the Lord said to him, “Go and return by the way you came to the Wilderness of Damascus. When you arrive, you are to anoint **Hazael** as king over Aram. ¹⁶ You are to anoint **Jehu** son of Nimshi as king over Israel and **Elisha** son of Shaphat from Abel-meholah as prophet in your place.

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Dealing with Discouragement and Depression

- Isolation versus Community
- Exhaustion

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Dealing with Discouragement and Depression

- Isolation versus Community
- Exhaustion versus Food/Rest

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1 Kings 19

⁷ Then the angel of the Lord returned for a second time and touched him. He said, "Get up and eat, or the journey will be too much for you."⁸ **So he got up, ate, and drank.** Then on the strength from that food, he walked forty days and forty nights to Horeb, the mountain of God.

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Dealing with Discouragement and Depression

- Isolation versus Community
- Exhaustion versus Food/Rest
- Illusion

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1 Kings 19

⁹ He entered a cave there and spent the night. Suddenly, the word of the Lord came to him, and he said to him, "What are you doing here, Elijah?"

¹⁰ He replied, "I have been very zealous for the Lord God of Armies, but the Israelites have abandoned your covenant, torn down your altars, and killed your prophets with the sword. I alone am left, and they are looking for me to take my life."

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Dealing with Discouragement and Depression

- Isolation versus Community
- Exhaustion versus Food/Rest
- Illusion versus Reality

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¹⁵ Then the Lord said to him, "Go and return by the way you came to the Wilderness of Damascus. When you arrive, you are to anoint Hazael as king over Aram. ¹⁶ You are to anoint Jehu son of Nimshi as king over Israel and Elisha son of Shaphat from Abel-meholah as prophet in your place.

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¹⁷ Then Jehu will put to death whoever escapes the sword of Hazael, and Elisha will put to death whoever escapes the sword of Jehu. ¹⁸ But I will leave seven thousand in Israel — every knee that has not bowed to Baal and every mouth that has not kissed him.”

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Dealing with Discouragement and Depression

- Isolation versus Community
- Exhaustion versus Food/Rest
- Illusion versus Reality
- “I” Focus

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1 Kings 19

⁴ but he went on a day's journey into the wilderness. He sat down under a broom tree and prayed that he might die. He said, "I have had enough! Lord, take **my** life, for **I'm** no better than **my** ancestors." ⁵ Then he lay down and slept under the broom tree. Suddenly, an angel touched him. The angel told him, "Get up and eat."

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⁹ ... Suddenly, the word of the Lord came to him, and he said to him, "What are you doing here, Elijah?" ¹⁰ He replied, "I have been very zealous for the Lord God of Armies, but the Israelites have abandoned your covenant, torn down your altars, and killed your prophets with the sword. I alone am left, and they are looking for me to take my life." ¹¹ Then he said, "Go out and stand on the mountain in the Lord's presence." ...

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Dealing with Discouragement and Depression

- Isolation versus Community
- Exhaustion versus Food/Rest
- Illusion versus Reality
- “I” Focus versus Wisdom

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1 Kings 19

¹⁵ Then the Lord said to him, “Go and return by the way you came to the Wilderness of Damascus. When you arrive, you are to anoint Hazael as king over Aram. ¹⁶ You are to anoint Jehu son of Nimshi as king over Israel and Elisha son of Shaphat from Abel-meholah as prophet in your place. ¹⁷ Then Jehu will put to death whoever escapes the sword of Hazael, and Elisha will put to death whoever escapes the sword of Jehu.

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