CELEBRATION NOTES

HOW TO GET DEPRESSED IN 4 EASY STEPS
When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." 5 Then he lay down under the tree and fell asleep… 1 Kings 19:3b-5a

WEAR YOURSELF OUT.
SHUT PEOPLE OUT.
FOCUS ON THE NEGATIVE.
FORGET GOD.

GOD'S PRESCRIPTION FOR OUR DEPRESSION
GOD SAYS TO EAT AND REST.
5b All at once an angel touched him and said, "Get up and eat." 6 He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.
1 Kings 19:5b-6
GOD REPLACES OUR LIES WITH HIS TRUTH.
9 There he went into a cave and spent the night. 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, broken 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." 1 Kings 19:9-10

GOD SPEAKS IN A STILL, SMALL VOICE.

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.

1 Kings 19:11-12

GOD GIVES US SOMETHING TO DO.

15 The Lord said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. 16 Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet.

1 Kings 19:15-16