

# Adrift from God

*1 Kings 19:1-18*

*Psalm 142*

*April 2, 2017*

This morning we are going to talk about a subject that is rarely talked about in Christian circles: grief and depression. The Psalms, Lamentations, Job, and many other passages in the Bible go into great detail concerning the plight of believers who wrestle with dark thoughts and emotions.

## **The Model of Depression and The Christian's Response**

**D** \_\_\_\_\_ “How long, O Lord? Will you forget me forever? ...How long will my enemy be exalted over me? (Psalm 13:1)

**D** \_\_\_\_\_ “O Lord, take away my life, for I am no better than my fathers.” (1 Kings 19:3-4)

**D** \_\_\_\_\_ “The spirit of a man can endure his sickness, but as for a broken spirit, who can bear it” (Prov. 18:14)

**D** \_\_\_\_\_ “I am like ... an owl of the waste places, I lie awake, I am like a lonely sparrow on the housetop.” (Psalm 102:6,7)

**D** \_\_\_\_\_ “Whom the Lord loves he disciplines and he scourges every son whom he receives.” (Heb. 12:6)

**D** \_\_\_\_\_ “I cry to you O Lord; I say, “You are my refuge, my portion in the land of the living.” (Psalm 142:5)

## **A Case History of the Depressed Prophet: Elijah (1Kings 19:1-18)**

- After a great victory, Elijah runs, he takes his eyes off the Lord and puts them on his circumstances.
- God meets us where we are, in our failures, in our depression.
- When all is stripped away, we are able to hear God's small voice.
- God gently restores Elijah. He gently corrects and disciplines him.

## **A Case History from the Lament Psalms (Psalm 142)**

1. Vent your Lament: “...I pour out my complaint before Him...” v.2
2. Express your Trust: “...You knew my path...” v.3
3. Cry for Deliverance: “...You are my refuge, My portion...” v. 5
4. Vow to Praise Again “...So that I may give thanks to Your name...” v.7