

I Kings 19-20 –1 September 2022

“Demonstrating The Death Of Depression”

Introduction

*Since 930 BC, we have 2 tribes in south (Judah) led by a descendant of David & 10 tribes in north (Israel)

*Entered a dark time – reign of Ahab & Jezebel in Israel (850BC), but it’s also the time of Elijah the prophet

*We’ve seen God grow Elijah in *faith, perseverance & clear-mindedness* thru...

*Tests at the Brook Cherith & w/ the widow

*& by confronting the false prophets of Baal to win people into serving God

Read Chap 19:1-2

1. Jezebel is willing to fight hard for what she believes in, but she’s put her faith in wrong god

Read Vs 3-4

1. He fled out of the country into Judah
2. The stress / burden has become depression

- a. Hasn't he already seen God come thru in miraculous situations? Yes
 - b. Hasn't he already confronted stress & watched God do great things? Yes
 - c. Hasn't he already feared for his life & trusted God? Yes
3. When stressed, we say things we don't mean
 - a. If he really wanted to die, he'd of stayed in Jezreel
 4. Other side of the 'stress issue' coin, it reads 'faith issue'
 - a. Trust God will protect you until His time
 - b. Trust God's plan is good even if hard
 5. God has given us the power to defeat depression

***Today, let's see 3 actions that will demonstrate the death of depression**

1st action is to eat & sleep right (Chap 19:5-8)

Read Chap 19:5-8

1. There are times that we get inactive & just stop
 - a. Read Luk 22:45 – Sleeping b/c of sorrow
2. There is a godly sorrow that has us fast & pray
 - a. Nehemiah mourned for Jerusalem
 - b. This's an active intentional fasting w/ cause
3. There's difference between being sad b/c of our circumstances (ungodly depression) & being sad b/c of wanting something godly to happen (fast & pray)
4. Read Psm 127:2
 - a. If anxiety leads to pounding the pillow, depression is the extreme – you can sleep b/c you've given up
5. Jairus's daughter raised – “give her to eat”
6. *This will give you power & the spirit you need*

2nd action is to focus, not on the stress, but on God's voice (Chap 19:9-14)

Read Chap 19:9-12

1. Why does God ask us questions?
 - a. To elicit truth or to change *our* minds, not *His* (Cain)
 - b. He's not the only one left
 - c. Depression makes us not listen to God or see things clearly
2. God wants us to listen to Him and not to pay attention to the stress of world
 - a. Renew our minds in God Word
 - b. Even if God isn't the loudest voice, listen
 - c. Even if God is the minority, obey
3. God's leading will be very natural, don't wait for some big mystical experience
 - a. "I think God wants me to go in the store today, not the drive thru"
 - b. Don't wait for God to blink your candle in Morse Code to get the hint

Read Vs 13-14

1. His response in the same, so he hasn't renewed his mind in truth yet
2. God, in His grace, will keep helping him
3. If I was the devil, I would put tiny speakers in everyone's ears 24/7 so that they're never still, never quiet long enough to hear the voice of God
4. *Listening to the quiet voice of God will give you the truth & rock you need*

3rd action is to get busy for the Lord (Chap 19:15-21)

Intro – This helps you avoid excessive introspection

Read Chap 19:15-18

1. Not just busy work; this is preparing for God to perform his good will in the near future
 - a. Think of how OT Joseph served Potiphar & didn't get depressed
 - b. Learning to rule a household well prepared him to rule a nation well

2. He'll get a personal friend Elisha thru this
AND the reminders that there are many more
godly friends out there to be had

Read Vs 19-21

1. Service to God will prioritize God above all
 - a. It's ok to say goodbye, but not to still serve
the old life as priority (Read Matt 8:21-22)
2. This is whole commitment from Elisha
 - a. Like Peter (Mat 4:20) & Matthew (Matt 9:9)
 - b. Elisha didn't just leave his life, he sacrificed it
 - c. Read II Cor 7:10
 - i. Stay and have death
 - ii. Or change and experience life
 - d. Elisha will gain a whole new life, that never
would have been had he not given up on all
that he had
3. So activity will give you the hope & friends
you need to push on & be a productive worshipper

*Now as we look at Chap 20 - *We've said it all along,*
I & II Kings demonstrates; a king's allegiance to
God's Law is the key to success & protection

Reoccurring theme: Trust, worship & obey the true God

Read Vs 1-8

1. Syria wanted to make Israel a vassal nation & Ahab agreed, but these further inspections are trying to him

Read Vs 9-12

1. So Ahab evokes Ben-Hadad to come against Israel to battle – *should trust God instead*

Read Vs 13-15

1. Why would God help wicked King Ahab?
2. Read Rom 9:15 – Mercy on whom He wills

Read Vs 16-21

1. As prophesied, the young princes of Israel beat back the 1st wave of Syrians

Read Vs 22-25

1. Syrians reason that they didn't have the proper gods on their side (close but not right)

2. God is everywhere
 - a. When we're tempted to sin
 - b. We can ask for his help in any area of life
 - c. We can worship Him anywhere

Read Vs 26-30

1. So the Lord defeats Syria using wicked Israel simply to honor His own name

Read Vs 31-34

1. Ahab sends Ben-Hadad away w/ peace agreement
2. Vs 13 & 28 – This was done so Ahab would know that Jehovah is God
 - a. Ahab needed covenant w/ God, not Syria!

Read Vs 35-38

1. *Obey the Word of the Lord even when it doesn't make sense*

Read Vs 39-43

1. As Nathan w/ David, prophet tells a nameless analogy to evoke truth from Ahab about himself
2. When we have a chance to wipe out sin, do it

Conclusion

So, trust, worship & obey the true God. When times get hard & you're experiencing sorrow & depression:

1. **You need to eat & sleep right**
 - a. It's the way to power & a right spirit
2. **Don't focus on the stress, but on God's voice**
 - a. It stands you in truth, w/ a Rock to cling to
3. **Get busy for the Lord**
 - a. Brings hope for the future & friends to productively worship the Lord with
4. **Whom will you believe?**
 - a. Doctor that disagrees w/ God?
 - b. Or God Himself?

Maybe you're the key to someone else's depression being relieved

II Cor 2:7 says, "So that contrariwise ye ought rather to forgive & comfort him, lest perhaps such a one should be swallowed up w/ overmuch sorrow."

Go be the voice of God to them