

DEALING WITH DEPRESSION

Part 1 of Series: The Elephant in The Room – Dealing with The Big Issues No One Talks About

May 15th & 16th, 2021 Pastor Kerry Shook

“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. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, ‘What are you doing here, Elijah?’ He replied, ‘I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn 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.’ 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. Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him.’” 1 Kings 19:11-18 (NIV)

- Physical Fatigue
- The “After the Mountain Top” Valley
- Constant Problems
- Feeling Alone

GOD USES YOUR GREATEST STRUGGLE TO GET YOUR ATTENTION

“Then he was told, ‘Go, stand on the mountain at attention before God. God will pass by.’” 1 Kings 19:11a (MSG)

“... a hurricane wind ripped through the mountain and shattered the rocks before God, but God wasn’t to be found in the wind....” 1 Kings 19:11b (MSG)

“... after the wind an earthquake, but God wasn’t in the earthquake....” 1 Kings 19:11c (MSG)

“... and after the earthquake fire, but God wasn’t in the fire....” 1 Kings 19:12a (MSG)

GOD USES A GENTLE WHISPER TO CALL YOU CLOSE

“... And after the fire there was the sound of a gentle whisper.” 1 Kings 19:12 (NLT)

“When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, ‘What are you doing here, Elijah?’” 1 Kings 19:13 (NIV)

God Whispers To You ...

- I’m not finished with you yet.

“The Lord said to him, ‘Go back the way you came....’” 1 Kings 19:15a (NIV)

- You’re not alone in your pain.

“Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him.” 1 Kings 19:18 (NIV)

- You will get through this.

“When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.”

Isaiah 43:2 (NLT)