

## **How To Handle Depression**

**Depression impacts 10 to 25 percent of all women and 5 to 12 percent of all men at some point in their lifetime.**

**Have you suffered depression?**

**What Does The Bible Say?**

Elijah was as human as we are... (James 5:17a NLT)

**The Bible is a mirror and shows us who we are.**

When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal.

2 So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.” (1 Kings 19:1–2 NLT)

**We all face threats in this world.**

3 Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. (1 Kings 19:3 NLT)

**Do not isolate yourself from others.**

4 Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. (1 Kings 19:4 NLT)

**You need rest, or you will want to quit.**

10 Elijah replied, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.” (1 Kings 19:10 NLT)

**Depressed people make it worse by adding on drama.**

**How Can You Obey?**

5 Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and

eat!” 6 He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. (1 Kings 19:5–6 NLT)

**Get the proper amount of sleep and nutrition.**

7 Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.”

But the Lord said to him, “What are you doing here, Elijah?”

(1 Kings 19:7; 9, 13 NLT)

**Get your purpose back.**

18 Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!” (1 Kings 19:18 NLT)

**Once refreshed, it is easier to see the truth.**

## **Additional Notes:**

If you would like to use your home to disciple others, check out our training at [www.crosswaveschurch.com/host](http://www.crosswaveschurch.com/host). Cross Waves has produced short videos to train you how to use your home to reach others for Christ. So please check it out.

## **Notes:**

Today's Deep Dive into the Bible comes from Martin J. Selman, 1 Chronicles: An Introduction and Commentary, vol. 10, Tyndale Old Testament Commentaries (Downers Grove, IL: InterVarsity Press, 1994), 213–214.

## **Explore:**

- Depression impacts 10 to 25 percent of all women and 5 to 12 percent of all men at some point in their lifetime.

- Successful people like Abraham Lincoln, Winston Churchill, and Mother Teresa suffered from depression.
- Spiritually sound people like Martin Luther, John Bunyan, and Charles Haddon Spurgeon suffered from depression.
- Biblical principles, friends and family, and the right medication can be very effective in helping someone who is depressed.

E. Moody, *First Aid for Your Emotional Hurts—Depression*.

Randall House, 2010.

**Explore:**

It is remarkable that her threat terrified Elijah as it did. Ironically by contrast he had told the widow in Zarephath not to be afraid (17:13). He had just demonstrated that the gods to whom she now appealed in her curse had no power at all. (Her statement that she was willing to be dealt with severely by the gods [cf. 2:23; 20:10; 2 Kings 6:31] points up the seriousness of her threat. She was so certain she would kill Elijah that she willingly put her own welfare “on the line.”) Evidently Elijah’s fear sprang from the power Jezebel possessed. Rather than resting in God for His protection as he had for the past three and one-half years, Elijah ran for his life. He ran all the way through the kingdom of Judah to the southernmost town in the land, Beersheba.

Still fearful he might be discovered by Jezebel’s spies he told his servant to stay behind and he traveled alone one more day’s journey (about 15 miles) into the Negev desert. Finally he sat down under a broom tree (a desert bush that grows to a height of 12 feet and provides some, though not much, shade) and rested.

He was so discouraged he prayed that he might die. Elijah had forgotten the lessons God had been teaching him at Kerith, Zarephath, and Carmel. His eyes were on his circumstances rather than on the Lord. His statement that he was no better than his ancestors (19:4) suggests that he was no more successful than his forefathers in ousting Baal-worship from Israel. Exhausted and discouraged, Elijah lay down ... and fell asleep.

Thomas L. Constable, "1 Kings," in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck (Wheaton, IL: Victor Books, 1985), 527–528.

## **Explore:**

### **Tips for Fighting Anxiety**

Concentrate on God's goodness and faithfulness

## **Philippians 4:4**

Focus on other people

## **Philippians 4:5**

Don't continue in worry

## **Philippians 4:6**

Pray as soon as you become anxious

## **Philippians 4:6**

Count and give thanks for your blessings

## **Philippians 4:6**

Keep your mind focused on good things

## **Philippians 4:8**

Watch and imitate how godly people deal with these issues

## **Philippians 4:9**

The result: Peace



## **Philippians 4:7**

### **Explore:**

Choosing the Real King (18:1–46). For three years Ahab and his servant Obadiah desperately sought the elusive Elijah. Elijah unexpectedly met Obadiah in the road and promised Obadiah that he would see the king. When Ahab met the prophet, he called Elijah the “troubler of Israel.” Yet it was Ahab who caused Israel’s distress. Elijah proposed a contest with the prophets of Baal and Asherah at Mount Carmel.

The contest was for the benefit of the people to learn who truly ruled Israel—the Baals of Ahab and Jezebel or the Lord God of their fathers. The contest consisted of preparing a sacrifice and praying for the deity to prove his existence by answering with fire from heaven. Baal was reputed to be the god of storm and

therefore should at least have been able to bring down fire (lightning).

The prophets of Baal prayed all morning, but there was no answer. Elijah ridiculed their pagan theology. Then in ecstatic frenzy they frantically slashed themselves to draw their god's attention (see Lev. 19:28; Deut. 14:1), but there was no answer.

At the evening hour of sacrifice, it was Elijah's turn. He rebuilt the altar of the Lord and called upon God, identifying Him as the "God of Abraham, Isaac and Israel." Fire fell and the people exclaimed, "The Lord—he is God!" The people executed the evil prophets.

God also sent a great rainstorm to end the drought. The storm rained upon Ahab as he hurried to Jezreel. The hand of the Lord empowered Elijah to run ahead of Ahab's chariot to the city.

Elijah Hides at Horeb (19:1–21). Elijah's victory, however, turned into fear and depression. Surprisingly, Jezebel was not

intimidated by Ahab's report of Elijah's deeds. She vowed to kill the prophet, who ran again but this time away from Jezebel to the desert. In despair the prophet prayed to die (see Num. 11:11–15; Job 6:8–9; Jon. 4:8). The angel of the Lord strengthened him with food, and he journeyed forty days and nights to a cave at Mount Horeb. It was upon the same Mount Horeb, another name for Mount Sinai, that the Lord had revealed Himself to Moses (see Exod. 3; 19).

Elijah complained that the Israelites had abandoned God and that he was the last prophet of the Lord. But Elijah was mistaken. God brought in succession a great wind, an earthquake, and a fire to ravage the mountain. But the prophet did not hear God in these events. Instead, Elijah heard the Lord in a small whisper. By this the prophet learned that sometimes God works in quiet ways.

There were in fact seven thousand who had not worshiped Baal. God sent Elijah to anoint three men who would ultimately destroy Ahab's house—Hazeal of Aram, Jehu of Israel, and the prophet Elisha. The call of Elisha was the beginning of a large school of prophets (see 2 Kgs. 6:1–2).

Kenneth A. Mathews, "The Historical Books," in Holman Concise Bible Commentary, ed. David S. Dockery (Nashville, TN: Broadman & Holman Publishers, 1998), 142–143.

### **Explore:**

There is no avoiding the impact of the physiological component to both depression and anxiety. Notice that God addressed the physiological needs of Elijah before anything else. The first thing God did with Elijah was to have him get up and eat (1 Kings 19:5) rather than to give him a lecture or even a sermon. How are we to address physiological issues in those we try to

help, or in ourselves if we struggle with these issues? Often we can help a friend by walking or exercising with her and even encouraging her to use tools like medication. Sometimes people feel like they lack faith if they take medication to address depression or anxiety. We may need to admonish them as Paul did Timothy about the importance of the appropriate use of medications available (1 Timothy 5:23). Taking medication should go hand in hand with prayer and Bible reading to combat depression and anxiety. For example, Hezekiah prayed for his life to be extended (Isaiah 38:1-3). God granted Hezekiah's prayer but He also used the medicine of that day as Hezekiah was commanded to put figs on the boil to recover (Isaiah 38:21).

### **Question 1 of 5**

King Solomon is remembered for his many concubines (1 Kin. 11:3). Most of these concubines were foreign women. They led to Solomon's downfall because they brought their pagan religions, which introduced idolatry into the land (1 Kings 11:1–

13; Nehemiah 13:25–27). If Solomon was so brilliant, why did he have so many concubines?

### **Question 2 of 5**

Why doesn't the Old Testament contain no explicit criticism of having concubines?

### **Question 3 of 5**

What are some problems or circumstances that can lead to depression and anxiety?

### **Question 4 of 5**

What are some helpful ways we can respond when facing depression and anxiety?

### **Question 5 of 5**

What does it mean to cast our cares and anxieties on Christ?