

I. Elijah's depression

- A. Elijah was afraid (1-3)
- B. Elijah was alone (3-4)
- C. Elijah was in agony (4)
- D. Elijah was analyzing (4)
- E. Elijah was accepting (5)

II. God's intervention

- A. Arise and eat (5-8)
- B. Ask and listen (9-10)
- C. Share who God is (11-14)
- D. Show who God is (15-16)

III. Practical instruction

- A. Deeper understanding
- B. Wider compassion
- C. Longer perspective
- D. Higher trust

Ephesians 3:16-19