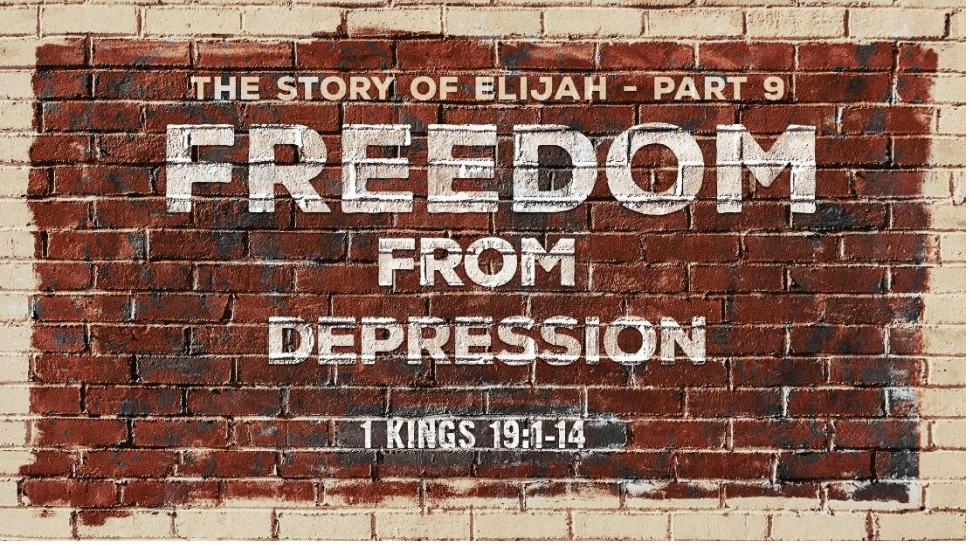

July 9, 2023

Dr. Bruce Speer

Charles Haddon Spurgeon

First Kings 19:1 – 4

One of the chief contributors to depression is unmet expectations.

During times of isolation, never make permanent decisions or conclusions on temporary emotions.

I. God's priorities in helping people with depression.
First Kings 19:5 – 10

Note what the Angel does not do.

The Angel touched him in verses 5, 7.

God deals with Elijah psychologically.
Verse 9 – 10

God deals with Elijah spiritually.

Side effects from antidepressants – include the risk of suicide, heart attacks in older adults, weight gain, dry mouth, and sexual dysfunction, which affects about 70% of people.

II. How God Reveals Himself to Us
First Kings 19:9 – 12

verse 7 tells us this was the Angel_____.

God reveals himself with a mighty wind, earthquake, and fire.

Why did God put on this dramatic display? What was God trying to teach Elijah and us?

Elijah's response reveals his heart.

The first step back to God is taking responsibility for your self-centered decisions.

God was saying to Elijah, you cannot put me into your _____.

Is the fact that you are more sinful than you ever believed.

But you are more loved and accepted by Jesus than you ever hoped.

Notes:

crosspoint