



bc

BI. B. LICAL
CHARACTERS

Elijah

Pastor Jeremy McGarity

When You're Depressed

1 Kings 17-19

I. COMMON CAUSES

1 Kings 18:16-39

- Physical **F A T I G U E**

Elijah, a servant of God, said, "I have had enough, Lord... take my life!"

1 KINGS 19:4b

- The **L E T D O W N**
- Constant **P R O B L E M S**
- **L O N E L I N E S S**

"...I have been very zealous for the LORD God Almighty... I am the only one left, and now they are trying to kill me too."

1 KINGS 19:10

II. GET PERSPECTIVE

1 Kings 17:7-16

- Remember God's **P R O V I S I O N** in the past

Elijah said to her, "Don't be afraid... For this is what the LORD, the God of Israel, says: 'The jar of flour will not be used up and the jug of oil will not run dry until the day the LORD sends rain on the land.'"

She went away and did as Elijah had told her. So there was food every day for Elijah and for the woman and her family. For the jar of flour was not used up and the jug of oil did not run dry, in keeping with the word of the LORD spoken by Elijah.

1 KINGS 17:13-16

[Paul said,] "give thanks in all circumstances"

1 THESSALONIANS 5:18

- Gratitude will affect **Y O U R A T T I T U D E !**

III. HABITS THAT HELP

1 Kings 19:1-21

- Elijah **R E S T E D**
- Elijah **C O N N E C T E D** with people

Skyline Core Value: You Can't **D O L I F E A L O N E**

- Elijah **R E C O N N E C T E D** with God

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?"

1 KINGS 19:11-13

- Elijah got back to **S E R V I N G** God
- Remember God's **P R O M I S E S**

"...My grace is sufficient for you, for My power is made perfect in weakness..."

2 CORINTHIANS 12:9

...the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.

ROMANS 8:26

...God has said, "Never will I leave you; never will I forsake you."

HEBREWS 13:5b

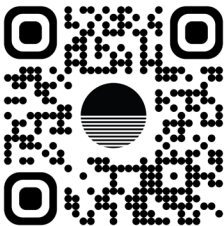


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SMALL GROUP QUESTIONS

- 1 How did Elijah's wavering faith and loss of courage, cause him to end up in the place he did? What (if any) situations are you facing today, where you've found yourself in a similar place?
- 2 In what ways did Elijah's personal journey, including his experiences of loneliness and doubt, shape his perspective of his situation?
- 3 What lessons can we learn from Elijah's example of how he looked to God's faithfulness in the past to help him face what was in the future? How can we apply these principles to our own life and responsibilities?
- 4 Discuss the significance of Elijah's interactions with God? Read 1 Kings 19:11-13; what stands out in this passage, and what was God calling on Elijah for? What are some of the parallels from this passage to your own life?
- 5 Reflect on Elijah's moments of vulnerability and self-doubt, such as his experience at Mount Horeb when he felt alone and questioned his purpose. How did these moments shape his character as a leader, and what can we learn from them about the importance of mental health and resilience in our walk with Christ?



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Upcoming Events

- 06.04 | Core Four Begins at Rancho
- 06.11 | Youth Sunday
- 06.12 | Summer Adventure Camp Begins
- 06.18 | Father's Day Car Show & BBQ
- 06.25 | Blood Drive at Rancho
Classic Praise