



Lesson #1: Depression (1 Kings 19:1-21)

Depression is the common cold of our emotions. Eventually it touches everyone – even God’s people. Many of the great saints in the Bible had times of despair.

- _____ - “Save me, O God; for the waters come in unto my soul” (Psalm 69:1)
- _____ - “I am full of tossings to and fro unto the dawning of the day” (Job 7:4)
- _____ - “Woe is me for my hurt!” (Jeremiah 10:19)
- _____ - “I was with you in weakness, and in fear, and in much trembling” (1 Cor. 10:13)
- _____ - “She was deeply distressed ... and wept bitterly” (1 Sam. 1:7-10)

With all those examples in mind let us not forget that “we have not an high priest who cannot be touched with the feeling of our infirmities” (Heb. 4:15). The Bible records for us that even _____ went through moments of despair (Matt. 26:38). The classic example of a depressed person in the Bible is the prophet _____. Does it surprise you that men of God become depressed? I hope not. Many great men and women battle depression. Although much of the church seems to stigmatize depression, today we will be taking a serious look at a major OT character who really suffered from depression.

YOU MUST BE AWARE OF THE _____ OF DEPRESSION

The life of Elijah shows us the misery that causes the mighty to fall.

A. Depression comes when we are _____ (19:1)

Elijah is excited. God has called fire down from heaven and now he is expecting the nation to turn back to God. As he leaves Mount Carmel he runs to see the response of the queen. How his countenance must have changed when he heard Queen Jezebel proclaim that within ____ hours she would take his life.

B. Depression comes when we are _____ (19:1-3a)

At this point Elijah is a marathon man

18:46 – He runs from Mount Carmel to Jezreel nearly _____ miles

19:3 – He runs to Beersheba another _____ miles

19:4 – He goes another day’s journey into the _____

C. Depression comes when we are _____ (19:3b-4a)

Elijah leaves his servant in Beersheba and goes _____ into the wilderness. Elijah removes himself from those who loved him most and as a result he felt like he was the only person left serving God.

YOU MUST ACCEPT GOD’S _____ TO THE DEPRESSED

Even after Elijah’s display of self-pity God does not write him off.

A. God’s compassion involves _____ (19:5-8)

God touches the weary prophet, meets his need, and gently speaks to him

God gave Elijah _____

God gave Elijah _____

B. God’s compassion involves _____ (19:9-14)

While the Lord was certainly considerate of the Elijah’s needs and compassionate toward him, God knew that the root of the problem needed to be dealt with. Elijah had sin and _____ in his heart.

YOU MUST ACKNOWLEDGE GOD’S _____ FOR THE DEPRESSED

God is leading Elijah back onto the right track.

A. To overcome depression you must focus on _____ not your own (19:15-17)

Elijah is given an important assignment from God. He is given evidence that God is not done with his life. Surely, this was an encouragement to the man of God. It would do those who have wondered into depression well to know that the Lord is _____ and still wants to _____ you.

B. To overcome depression you must focus on _____ not your own (19:18-21)

Twice Elijah complained that he was _____ in his devotion to the Lord (v. 10, 14). However, God tell him that there are 7,000 others who have not worshipped Baal. The encouragement and hope given to Elijah is to look around and see other needs above even his own. God even tells Elijah to go out and commission a new _____ to take his place.

CONCLUDING THOUGHTS

It’s important for us to know that depression is not always a _____. However, to allow yourself to wallow in depression is a _____! If you see the signs of depression in your own life you need to seek help. Jesus promises to help you, be with you, and to _____ you till He brings you safely home at your journey’s end.

God wants you to experience _____ living!