

The image features a central silhouette of a man, likely the prophet Elijah, standing in a narrow, vertical beam of golden light. He is holding a staff. Behind him, the name 'ELIJAH' is written in large, bold, golden letters that appear to be illuminated from within or by the light source behind them. The background is dark, making the light and the name stand out prominently.

ELIJAH

The Prophet of God
Cases for Depression

ELIJAH

1 Kings 17:1

He was sure of the Living God

He was a Servant of the Living God

He Trusted the Word of the Living God

ELIJAH

Background to 1 Kings 19

The Prophet of God

- 1. Confrontation with Ahab**
- 2. Concealment by the brook**
- 3. Contentment in Zarepath**
- 4. Control when widow's son dies**

ELIJAH

Background

1 Kings 17

The Prophet of God

**5. Conflict with
The prophets of Baal**

**6. Confidence
on Mt. Carmel**





ELIJAH

Lessons From Depression

1 Kings 19:1-18

Causes and Helps for Depression

Causes of Depression

Some Elements



Causes of Depression

1. Fatigue – not thinking clearly



3 ½ years of hiding

Battle at Carmel – spiritual high

Running to Court

1 Kings 17-18

Causes of Depression



2. False Hopes

No change in Ahab or Jezebel

1 Kings 19

If only ...

Causes of Depression



3. Walking by sight not faith

So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time.

1 Kings 19:2

Believed queen's word not God.

Causes of Depression



3. Walking by sight not faith

Progression

...if I do not make your life...

...he arose and ran for his life...

...take my life, for I am no better than my fathers...

**Concerned about saving his life rather than giving it.
With fear he forgot he was a servant of the living God.**

Causes of Depression



4. Disillusionment with God's People

I even I am left.

1 Kings 19:10

When your confidence is in people you can easily become depressed, when it is in the Lord, you can have utter confidence.

Causes of Depression



5. Shortsighted

*It is enough! Now, Lord, take my life,
for I am no better than my fathers!*

1 Kings 19:10

Forgot the long moving of God in history

Others in Depression

Moses - Numbers 11:14-15

*I am not able to bear all these people alone, because the burden is too heavy for me. If You treat me like this, **please kill me here and now** — if I have found favor in Your sight—and do not let me see my wretchedness!”*



Others in Depression

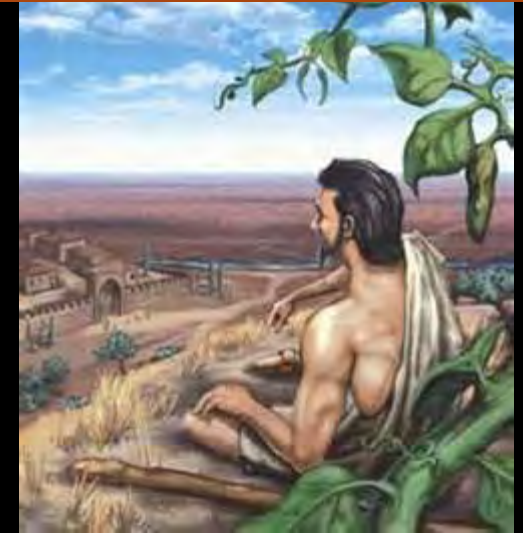
Job - Job 3:20-21



*Why is light given to him who is in misery,
And life to the bitter of soul,
Who long for death, but it does not come,
And search for it more than hidden treasures;*

Others in Depression

Jonah - Jonah 4:3



*Therefore now, O Lord, please **take my life from me**, for it is better for me to die than to live!"*

God's Response to Depression

1. Provided for physical needs

2. Provided a vision of Himself

3. Provided tasks to complete

4. Provided a friend



God's Response to Depression

1. Provided for physical needs

1 Kings 19:5-7



Notice:

No lecture, sternness, chastisement

God's Response to Depression

2. Provided a vision of Himself

1 Kings 19: 8-12

At Horeb, in a cave

Question:

What are you doing here, Elijah?



God's Response to Depression

2. Provided a vision of Himself

1 Kings 19: 8-12

Wind

Earthquake

Fire

Still Small Voice



God's Response to Depression

3. Provided tasks to complete

Task of prophets

Anoint Kings for service



God's Response to Depression

4. Provided a friend

Elisha takes role of servant - apprentice



God's Response to Depression

1. Provided for physical needs

2. Provided a vision of Himself

3. Provided tasks to complete

4. Provided a friend



ELIJAH

James 5:17

*Elijah was a man with a nature like ours,
and he prayed earnestly that it would not rain;
and it did not rain on the land for three years
and six months.*



ELIJAH

Moved from Faith to Fear
because he got his eyes off the Lord

Do not be afraid; only believe.

Mark 5:36



ELIJAH

Have you or someone close to you been depressed?

What was the spiritual reason for the depression?

How can you keep from times in the cave of depression?

Pray for one another.