

Depression

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Introduction:

1. How Do You Develop A Severe Case Of Depression?
 - a. Fear Men Rather Than God – Believe The Circumstances Rather Than God's Promises! 9:1-3
 - i. What happened? 1 Kings 18:17-18; 19:3-4; Mat 10:28-32.
 - b. Neglect The Place Of Your Duty! 18:46; 19:3
 - i. He ran not for glory of God, not to help the people, but for his life.
 - ii. Hand of God was on him where he was. 18:46
 1. Hand of God sign of blessing – Ezra 8:18, 21, 31 – deliverance from enemy
 2. Hand of God – Acts 11:21 - & many saved.
 3. The Pattern of his life had been to do God's will. 1 Kings 17:2 & 5; 17:8 & 10; 18:1 & 2.
 - iii. People who are depressed have stopped doing their duty.
 1. The worst thing for the depressed person may be to put them away where they can't do anything.
 2. Balance this with the need for rest. 19:4
 - c. Neglect Your Physical Needs! 18:1-19:4
 - i. Elijah was mentally and physically exhausted in the Will of God.
 - ii. Was he in the will of God? Yes!
 - d. Forget To Seek Guidance From The Lord! 19:9 & 13
 - i. Contrast with seeking and following the word in previous chapters.
 - ii. Elijah “What are you doing here?” 19:9 & 13
 - iii. When widow's son died Elijah sought the Lord. 1 Kings 17:18-19
 - iv. God might have directed him to flee.
 1. In wisdom Joseph fled Potiphar's wife. Gen 39:12-14
 2. Paul directs us to flee temptation. 2 Tim 2:22
 3. God directed Elijah to hide himself. 17:2-3
 - e. Pray According To Your Feelings! 19:4
 - i. Lord take my life. 19:4
 - ii. Notice inconsistency evident in the depressed. 19:3-4

- iii. We are to pray according to the promises of God and the will of God and not according to our feelings. Isa 40:31, 1 John 5:14
 - f. Reject Your Christian Fellowship! 19:3-4
 - i. Traveled 80-120 miles to Judah then left servant. 19:3
 - ii. All alone under a broom tree. 19:4
 - iii. When you are depressed you need Christian fellowship. Heb.10:23-25
 - iv. Seek Him and you will find Him. 2 Chron 15:1-2
 - g. Do Not Take Time To Get Your Facts Straight!
 - i. Is Jezebel able to carry out her threat?
 - ii. I am the only one left. 19:10 & 14
 - 1. He wasn't the only one left. 19:18
 - h. Center Your Thoughts And Actions Around Yourself! 19:3, 4,10 & 14
 - i. Ran for his life, I am only one left, Lord take me home. 19:3, 4,10 & 14
 - i. These Are Not The Only Steps That Lead To Depression, But These Are Definitely Steps That Will Lead Into Depression.
2. How God Handled His Servant's Depression!
- a. God Is The Counselor In This Case.
 - i. It is crucial to remember at this point that God is handling the situation.
 - ii. He is omniscient.
 - 1. Remember that God is the counselor who needs no counsel. Isa 40:13
 - 2. You will need to ask many questions but God already knows the need for rest. Pr. 18:13
 - iii. Jesus is the 'Wonderful Counselor' so we should pay close attention to how He & the Father handle this case. Isa 9:6
 - b. God Gives His Servant Physical Rest! 19:5
 - i. Could have expected God's judgment. Isa 55:7-9, Ps. 103:13,14
 - ii. God gave sleep first. Ps. 127:2 – He gives His beloved sleep.
 - iii. Give rest before confrontation.
 - iv. Do not do extended counseling when people are exhausted.
 - c. God Gives His Servant Physical Nourishment. 19:5-6
 - i. “Behold” – Sends an Angel to touch and feed him. Other examples of the use of Angels are with Lot, Daniel, Peter and Paul.
 - ii. Delivers a savory cake, not just a piece of cheese but a real filet special.

1. Gen. 18:6 fine bread
2. Gen. 19:3 this baked bread was a part of feast.
- iii. The Angel comes twice.

- iv. Physical lack of nourishment can bring on depression. Improper diet can be a great contributing factor in depression. Hypoglycemia. Thyroid problems.

- d. God Gives His Servant Proof Of His Love. 19:4-6
 - i. The sleep. 19:4 - The Angel. 19:5-6 - The food. 19:5-6
 - ii. Ps. 103:10 – “He has not dealt with us according to our sins, Nor rewarded us according to our iniquities.
 - iii. II. Tim. 2:13 – “If we are faithless, He remains faithful; for He cannot deny Himself.”
 1. Who promises he will finish the work? Phil 1:6

 2. Who promises that the work will involve the fellowship of his suffering?
 - a. To know Christ is worth more than anything else in life. Phil 3:7-10
 - i. You will know Him in the power of His resurrection.
 - ii. You will know Him in the fellowship of His suffering.

- e. God Gives His Servant Awareness Of His Power. 19:11-13
 - i. Power in the wind – breaking in pieces the rocks.
 - ii. Power in the earthquake – terror of an earthquake.
 - iii. Power in the fire – awesome heat of a fire.
 - iv. God's arm is not short. You may not have seen the results that you wanted to see yet, but God is at work.

 - v. You must give hope to a person who has lost hope. I Cor. 10:13

 - vi. Put your mind on Jehovah Jireh – The God who provides. Gen. 22:14

 - vii. Put your mind on the God of power who promises to keep your trials short & to perfect, confirm, strengthen & establish you? 1Pe 5:5b-11
 1. It's Time to get dressed – so clothe yourself with humility. 1Pet 5:5b
 - a. You do not want to go up against God.

 - b. Humble yourself under the mighty hand of God 1 Pet 5:6

 - c. Cast your anxiety on Him. 1 Pet 5:7

 - d. WHY? Because He cares for you. 1 Pet 5:7

 - e. Look out for the Devil! 1 Pet 5:8
 - i. He would devour you!

 - f. Resist the Devil firm in your faith. 1 Pet 5:8

- g. Just look around and everybody is suffering. 1 Pet 5:9
- h. Suffering is just for a little while. 1 Pet 5:10 (That's the truth, but it does not feel that way.)
- 2. The God, the God of grace who called you to His eternal glory in Christ will HIMSELF Keep your trial short & perfectly fitted to you! 1Pet 5:10; 1 Cor 10:13
 - i. He Will Perfect You!
 - ii. He Will Confirm You!
 - iii. He Will Strengthen You!
 - iv. He Will Establish You!
- f. God Gives Him A Vision Of His Presence. 19:11
 - i. Lord's presence will pass by. 19:11 (Compare Ex 33:18-23 – Ex. 34:5-7)
 - ii. God spoke in the gentle blowing wind. 19:12
 - iii. No one can take you out of the hand of the Good Shepherd. John 10:28 "...and I give eternal life to them, and they shall never perish; and no one shall snatch them out of My hand."
 - iv. There is nowhere you can go from God's presence. Ps. 139:7-12
 - v. God guards our going in and coming out. Ps. 121:8
- g. God Gives His Servant A Proper Perspective Of The Facts. 19:17-18
 - i. You are not the only one left – 7,000 have not bowed the knee to Baal.
 - ii. For an example of one called to physical suffering look at Job. Job 2:10
 - iii. All of us are called to suffer for Christ. I Pet. 1:6-7; 2 Co 11:24-27.
 - iv. God explains that the wicked are not getting away with anything. The fact is that judgment is coming and it is sure. 19:17; Rom 12:18-21
 - v. All Christians should expect trials and be ready to suffer, but know God is in control.
- h. God Gives His Servant An Assignment. 19:15-16
 - i. You looked at outward circumstances and no judgment of sin, but it is coming.
 - ii. Go anoint Hazael, Jehu & Elisha and they will judge the sin.

iii. Get moving.

iv. It is very important to get the depressed moving on their duties in life.

Conclusion:

You will need to:

1. Believe God! Php 4:8; Heb 11:6; Rom 8:28
2. Examine Your Heart For Any Issues Of Repentance! 1 John 1:9
3. Talk to yourself! Ps 42:9-11 & 43:2-5
4. Trust yourself to fellow believers! Heb 3:13
5. Just do right by faith! 1Pe 5:9

Questions and Suggestions to Stimulate Your Application: “Let us hold fast the confession of our hope without wavering, for He who promised is faithful; and let us **consider how to stimulate one another to love and good deeds**, not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more, as you see the day drawing near.” Hebrews 10:24-26

- Study Psalms 50:14, 23; 54:6; 116:17. Be sure to study the verses in their context.
 - o Why do you believe the Psalmist talks about a „sacrifice of praise?“
 - o Compare these Psalms with James 1:2, 1 Thess 5:18 & Hebrews 13:15. How does “consider it all joy” and “give thanks in all things” relate to a sacrifice of praise?
 - o What is the greatest trial you are currently facing?
 - Define that trial in one sentence.
 - In prayer give a sacrifice of praise by thanking God for that trial.
- In Romans 8:28 we are promised that God will work all things together for good.
 - o List as many ways as you can for how God could be using your current trial (depression) for good.
 - o Using the fruit of the spirit as listed in Galatians 5:22-23 determine how God could be using the trial (depression) to produce patience, kindness, goodness etc., in your life.
- Stand firm in your faith (1 Pt 5:5b-11)
 - o Write out a clear statement of your faith including the promises of 1Pe 5:10.
 - o Determine three steps you will take in order to „resist Satan firm in your faith.“
 - o List at least 10 of the true promises of God that you can speak to yourself when you are tempted to discouragement or depression due to your trials. (See Ps 42 esp verses 3-5 & 11 and Ps 43 especially verses 2-5 and Php 4:8)

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