

The Life of Elijah

Elijah - the Movement

1 Kings 19:1-21

What a contrast between **1 Kings 17-18**

chapter 19

Strong in the power of the God	weak in himself
Minister serving God	deserter running away
Victorious, bold, confident	failure, depressed, fearful
Focused on God	focused on people

What happened? - A journey into depression

It is universal - poor/rich, weak/mighty, educated/non-educated
No profession is exempt - University professors/common laborers
Has nothing to do with IQ
Age is not a major factor - 350 million worldwide - 20% of teens

Look at the movement of Elijah into Depression

I. Signs of Depression

Fear - Elijah was afraid and fled for his life. 3
Isolation - he left his servant there. Then he went on alone into the wilderness, traveling all day. 4
Resignation (giving up) - "I have had enough, LORD," he said. 4
Desire to stay in bed - can't get up or out
Desire to die - "Take my life, 4
Low or no self-worth - for I am no better than my ancestors who have already died." 4
Blind to God - 1 Kings 19:10, 14

II. Reasons for His Depression

Physical Exhaustion - He had run 14 miles after the encounter
Emotional letdown - after a mountain top experience
Disappointment - Even fire from heaven had not turned Israel
Listening to the lies of Satan
"Life in Christ should be easy" "Life should be fair"
"Your only worth is success" "I must be perfect to serve God"
"It is easier to run from problems than face them"
"Problems in life are all caused by my failures"

Listen to Elijah

I was zealous = God you are unfair

I am alone = God does not care

I am hunted = God is unable to protect me - weak

Look at the ministry of God to Elijah in Depression

I. God dealt with his physical needs

He provided sleep and food (Angels fed him)

II. God gave him time to heal

He told him where to go for help
He waited 40 day (it would normally be 7-10 days)

III. He asked a question of clarification

"What are you doing here?"
Note - we say "under the circumstances"

IV. He gave him a new revelation

Not in the rock shattering wind
Not in the earthshaking earthquake
Not in the consuming fire Zechariah 4:6

God uses all these at times for judgment

But in a still small voice - a quiet whisper

V. Repeated question without condemnation.

"What are you doing here, Elijah?"
The use of his name reminded him of who he was
Elijah - means the Lord is God or My Lord is God

VI. God gave him a new ministry (task) to accomplish

God told him to once again do the work of a prophet
Anoint the new King for Syria and Israel
Anoint a new prophet to succeed yourself

VII. God gave him a companion/friend to mentor

Elisha would serve him and later take up his mantle

See the difference God can make

He came terrified and depressed

He left knowing who God was -who he was and what to do

Lessons for us

1. We will all face depression at times - watch for the warnings
Physical Exhaustion, Emotional letdown, Disappointment - Listening to the lies of Satan

1 Corinthians 10:12 If you think you are standing strong, be careful not to fall.

2. God knows how to minister to us even in depression

1 Corinthians 10:13 The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.