

Isaiah 40:29-31  
1 Kings 19:1-21  
"Depression"

Sun School  
2-26-2023

## 1. Introduction

- a. Takotsubo Syndrome: "broken heart" syndrome
  - b. Prophet Elijah running from Queen Jezebel for his life
  - c. Elijah's prophetic work
    - Elijah tells King Ahab no more rain with ensuing drought (1 Kings 17:1)
    - Elijah meets Gentile widow of Zarephath (1 Kings 17:8-24)
      - \* he raises widow's son from death
    - Elijah sent to meet King Ahab again (1 Kings 18:1-18)
    - Elijah & prophets of Baal (1 Kings 18:40)
    - God sends rain to Israel (1 Kings 18:41-46)
  - d. Elijah flees to Beersheba in Judah
    - 1 Kings 19:3
    - during King Asa's reign in Judah (1 Kings 16:39)
  - e. Elijah described as man of similar nature as us (Imgs 5:16-18)
    - described as righteous man
    - effectual (effective) fervent ~~pp~~ prayers by Elijah
    - man of like passions
- ## 2. What Happens With Elijah?
- a. He leaves his servant in Beersheba
    - last outpost of civilization (19:3)
  - b. He goes 1 day journey south into Negev Desert wilderness (19:4)
  - c. Elijah ~~at~~ exhausted & tired

## 2d. Signs of exhaustion

- Elijah wants to die
- He went to sleep (19:5)

## e. God provides him food & water for 2 days

- he sleeps ~~so~~ again overnight

## 3. Three lessons

### a. Discouragement (19:4)

- "I am no better than my fathers"
- Satan loves to use this

### b. Depression can happen to good people / Christians too

### c. God can deliver

- God gave him rest, food, & water first
- God only talked with him afterward
- \* "The journey is too great for you (19:7)"

## 4. God deals with Elijah's feelings

### a. God takes care of Elijah's physical well being first

### b. Elijah continues on his journey to Mt Horeb (19:8)

- he makes a cave his temporary home

### c. Enemies of God

- Queen Jezebel (19:2)
- Satan at temptation of Jesus
- \* Mt 4: 1-11, Lk 4: 1-13
- ~~Job's trials of death of his children~~
- Spiritual an. Satan's Kingdom of darkness against Christians
- \* use spiritual armor of God (Eph 6:13-18)

- Satan took Job's children, his wealth, & his health

### d. God speaks to Elijah twice

- "What are you doing here Elijah?" (19:9, 13)

### e. Elijah gives God his reply of woe (19:10, 14)

### f. God's answer? I have work for you ~~(19:13)~~ (19:14-19)