

A MAN SUBJECT TO LIKE PASSIONS AS US (1 Kings 19:1-4)

1.The causes of Elijah's depression.

- a.After Elijah had won the battle with the prophets of Baal, he ran all the way to Jezreel.
- b.Once he got there, and Ahab talked with Jezebel, Jezebel had word sent to him that he would be just like her false prophets by that time the next day.
 - i.What did he do then?
 - ii.He ran for his life down to Beersheba, the southern most town of Judah, left his servant, and then went on another day's journey to be by himself.
- c.The first two causes of Elijah's depression were physical exhaustion and mental exhaustion.
 - i.Physically, he had spent himself running ahead of Ahab to Jezreel and then fleeing for his life.
 - ii.Mentally, he had spent himself by giving all his energy to fight the prophets of Baal and then finding out that he was going to be put to death.
 - iii.You would think that after having seen what God had just done, that this would not have bothered Elijah.
 - iv.However, he was spent, done emotionally
- d.Can you imagine how high emotionally Elijah had been, only to be told that he was going to be put to death as soon as the queen could get his hands on him?
 - i.Like the one preacher said, what goes up, must come down.
 - ii.He was on the mountaintop and now he was in the valley.
- e.The third cause of his depression is that he was empty spiritually.
 - i.He came to feel that he was all alone.
 - ii.In a sense he was because he left his servant behind.
 - iii.Because of the fear for his life that had overcome him, he felt that God was not with him.
 - iv.Later, when speaking to God, he told God that he was all alone in fighting for God (1 Kings 19:10, 14).
- f.The fourth cause of his depression is that he had stinking thinking.
 - i.Notice what he said to God (1 Kings 19:4).
 - ii.Who ever gave him the idea that he was better than his fathers?
 - iii.Also, he thinks no one else is fighting evil and that all others want to just go along with the idolatry.
- g.When he got that days journey into the wilderness, he sat under a tree and wanted to die (1 Kings 19:4).
- h.He had won a great victory for God, had his life threatened immediately thereafter, ran for his life and now is so down that he wants to die.
 - i.He does so because he is exhausted both physically and mentally.
 - ii.He feels all alone in the battle against evil so he is empty spiritually.
 - iii.He has stinking thinking about himself and others.

2.The cure for Elijah's depression.

- a.One thing that stands out in all of this is how God is going to treat Elijah.
 - i.God does not scold Elijah and tell him how weak he is and that he needs to get up and get going with life.

- ii. He never tells Elijah that he has no faith or that he is sinning.
- iii. Think about that when you are dealing with a friend or a family member who is battling depression.
- iv. Oftentimes, we think a swift kick in the seat of the pants is what is needed.
- v. Sometimes it may be as we will notice, but a lot of times, we need to take the approach God took with Elijah and that is what we want to see.
- b. God first dealt with the physical exhaustion of Elijah.
 - i. God allowed Elijah to sleep, which would help both physically and emotionally.
 - ii. There are times in our lives where we get so busy, that we are simply worn out and exposed by exhaustion.
 - iii. This is one of the first steps into depression.
 - (1) We burn that candle at both ends and our tank runs dry.
 - (2) Physiologically, we run on adrenaline, which is fine in short bursts.
 - (3) However, when we go long and hard at something, and adrenaline keeps pumping, it has been shown to be harmful, not helpful to the body.
 - iv. God, the Creator of the body, knew that Elijah needed sleep.
 - v. He also knew that Elijah needed food (1 Kings 19:5-6).
 - vi. Elijah then went back to sleep and was awakened by an angel only to be told to eat again (1 Kings 19:7-8).
 - vii. We need to realize that this was something that our Lord understood.
 - (1) In Mark 6:7, we read where Jesus sent out His disciples two by two to preach in the areas to which Jesus was going.
 - (2) No doubt they worked hard and in Mark 6:30, we read how they came back from their efforts and told Jesus all about the things that happened to them.
 - (3) Notice what Jesus does, recorded in Mark 6:31.
 - (4) Someone well said, You need to come apart before you come apart.
 - (5) The Lord knew these men needed rest from their efforts.
 - viii. It may be you need to take a vacation.
 - (1) It could be long weekend somewhere.
 - (2) It may take a whole week.
 - (3) God understand that we get tired physically.
 - ix. Guess what?
 - (1) Everything will be waiting on you when you get back to work.
 - (2) Life goes on.
 - (3) You and I need rest.
 - x. Br. Mosher was the dean of students while I was at MSOP and he told us at the beginning of our second year that there was going to come a time when we needed a break (elaborate).
- c. God then dealt with the spiritual emptiness that had come upon Elijah.
 - i. Notice 1 Kings 19:9-13.
 - ii. I don't claim to know all that is meant by the wind, the earthquake, the fire, and the still small voice.
 - iii. I do know that God was revealing Himself to Elijah so that Elijah would

realize that God was still there.

iv. You wouldn't think Elijah needed reminding of this but he did.

v. He had seen God's presence in mighty ways, the bringing back to life a dead person, the keeping away rain through his prayer, the battle with the prophets, but it seems that he needed to be reminded God is also in the small things.

vi. When we allow ourselves to get down and are wearied physically, emotionally, we often begin to get away from God in our private lives.

(1) We start to read less of God's word.

(2) We start to pray less.

(3) Sometimes it affects us so badly that we even go to worship less.

vii. There is an old story about an Englishman who went to colonial Africa.

(1) He recruited some local tribesmen to carry his things and they made great time on the first day of the journey and were ahead of his schedule.

(2) The second day, however, was different because the tribesmen sat around and rested.

(3) This troubled the Englishman to no end and he finally asked them why they didn't get up and go on with the journey.

(4) They told him they had gone too fast on the first day and they were now waiting for their souls to catch up.

viii. God would say this to a lot of us I believe: stop and let your spiritual life catch up with your physical life.

d. Then, as God revealed Himself to Elijah to let him know that he was not alone, he also dealt with his stinking thinking problem.

i. Notice Elijah's words again (1 Kings 19:10, 14).

ii. I, even I only, am left - I'm all alone.

iii. I have been very jealous.

iv. I'm no better than my fathers (vs. 4).

v. Elijah had let everything become about himself.

vi. He had forgotten a conversation he'd had with a man named Obadiah right before the battle with Baal (1 Kings 18:13).

(1) He had fed and kept 100 prophets safe from Ahab and Jezebel.

(2) This tells us that there were at least 101 righteous people.

vii. But God let him know there were even more than that (1 Kings 19:18).

viii. Woe is me talk is a killer emotionally and spiritually.

(1) I've seen it in preachers - "I'm the only one preaching against" this or that.

(2) It happens in all our lives at some point and we have to be quick to kill that thinking.

(3) While preparing for this sermon, I read about a man who became addicted to pornography.

(4) So much so that he ended up committing adultery.

(5) He repented and began to attend a therapy session with men who had sexual addictions.

(6) They had one rule: no self-pity talk.

(7) They would ruthlessly ban it if you started blaming others or things for your problems.

(8) If it persisted, they would kick you out of the group.

(9) They knew a great truth: self-pity stunts all spiritual growth.

ix. We must grow up and take responsibility for our actions and thoughts.

x. Our country is raising a generation who has no personal accountability and it is sinful and it is a disgrace and the couches of psychiatrists and psychologists are going to be full for years to come because of it.

xi. You and I are not alone and we have to have our minds right and realize God is near in times of depression.

e. Lastly, God dealt with Elijah's emotional distress by giving him work to do.

i. God wanted him to anoint Hazael king of Syria, Jehu king of Israel, and appoint Elisha as his heir to the head of the prophets (1 Kings 19:15-17).

ii. Brethren and friends, oftentimes we get down because we focus on self and we don't look at the lives of others.

iii. There is so much to do to help people and to train people to continue the good things we are doing.

iv. God knew that Elijah needed a task to accomplish to get his mind back on what was important.

v. This was the last thing God did though, not the first.

vi. If Elijah had been given work to do as soon as he asked to die, he would not have had the strength to do it.

vii. God got his body right, his mind right and then Elijah could go back to work.

viii. God made sure he understood that he was not alone by giving him Elisha and telling him about the 7,000.

ix. You and I do better when we look out and see the work of God that needs to be done.

x. We do better when we look out and see that our family needs us.

xi. Yes, we need to rest from time to time.

xii. Work will still be there, family will still be there after the rest and we need to get back at it.