

# From Victory to Despair

1 Kings 19:1-18



# Elijah's Victory

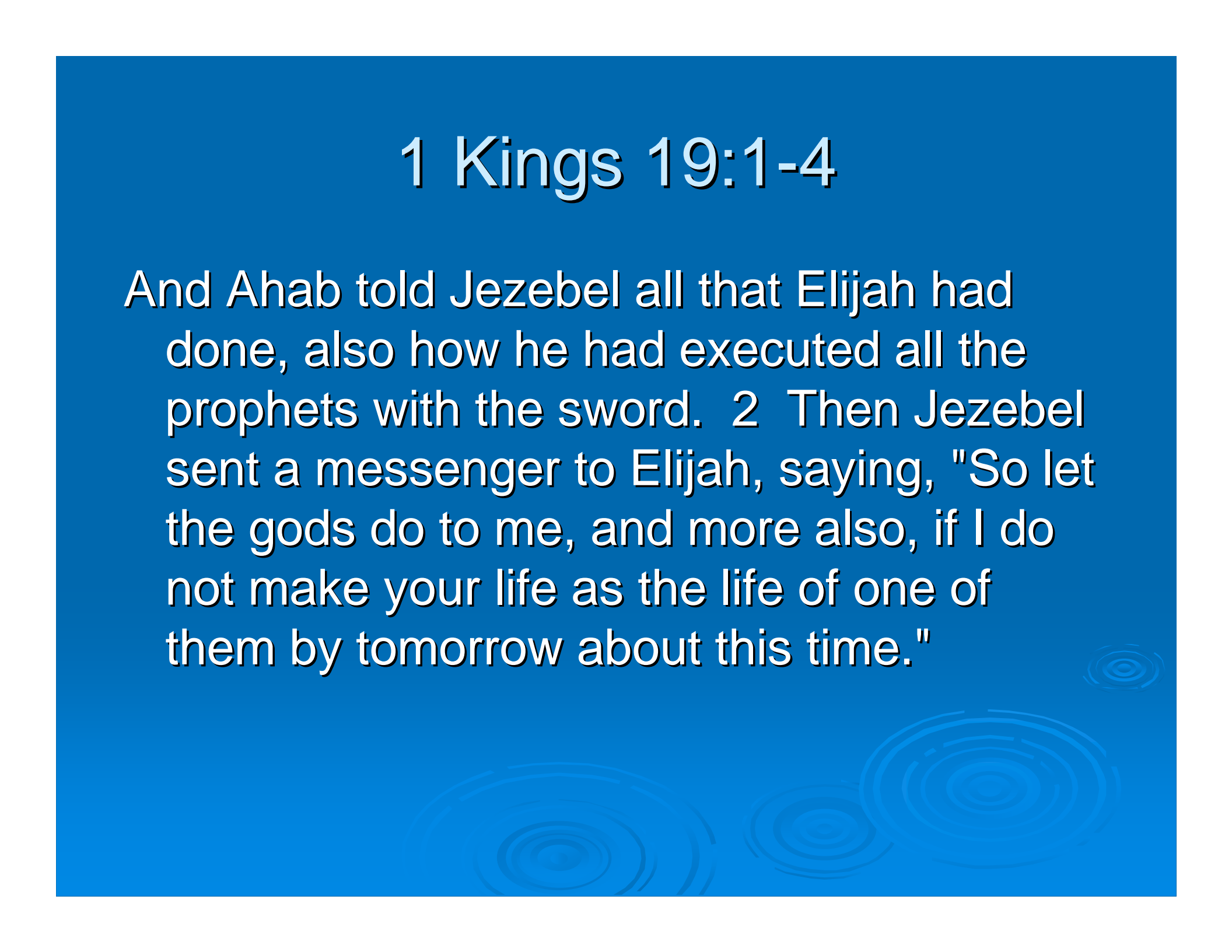
And Elijah came to all the people, and said, "How long will you falter between two opinions? If the LORD is God, follow Him; but if Baal, follow him." But the people answered him not a word... Then the fire of the LORD fell and consumed the burnt sacrifice, and the wood and the stones and the dust, and it licked up the water that was in the trench. 39 Now when all the people saw it, they fell on their faces; and they said, "The LORD, He is God! The LORD, He is God!" - 1 Kings 18:21, 38-39

# Elijah's Despair

But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, LORD, take my life, for I am no better than my fathers!" - 1 Kings 19:4

# 1 Kings 19:1-4

And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. 2 Then Jezebel sent a messenger to Elijah, saying, "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 19:1-4

3 And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there. 4 But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, LORD, take my life, for I am no better than my fathers!"

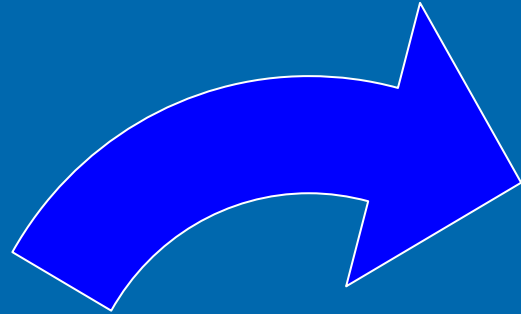
# Depression in the Bible

Who	Cause	Reaction	Solution
Ahab – 2 Ki. 21:1-16	Couldn't get what he wanted	Went to bed; turned away; wouldn't eat	Jezebel got him what he wanted
Job	Lost family, friends, wealth, health & reputation	Didn't deny God, but wanted to die; felt life was unfair	God: "Stand up and answer me!" Job: Humbled
Jonah – ch. 4	Ninevah wasn't destroyed	"It is better to die than live"	God gave and then took away a shade plant
Timothy – 2 Tim. 1:6-7; 4:5	Likely: opposition, weariness, disappointments	Likely: Fear, lethargy	"Stir up the gift that is in you!" "Endure! do the work!"

# Elijah's Depression

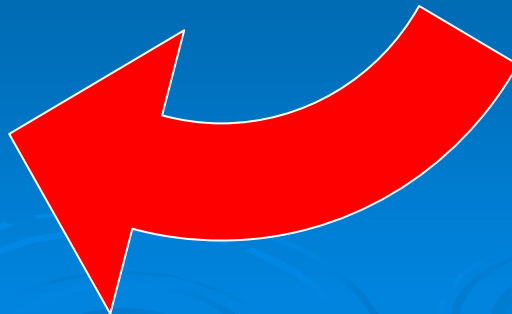
- Causes
  - Disappointment
  - Fear
  - Grief & Loss

# The Cycle of Depression



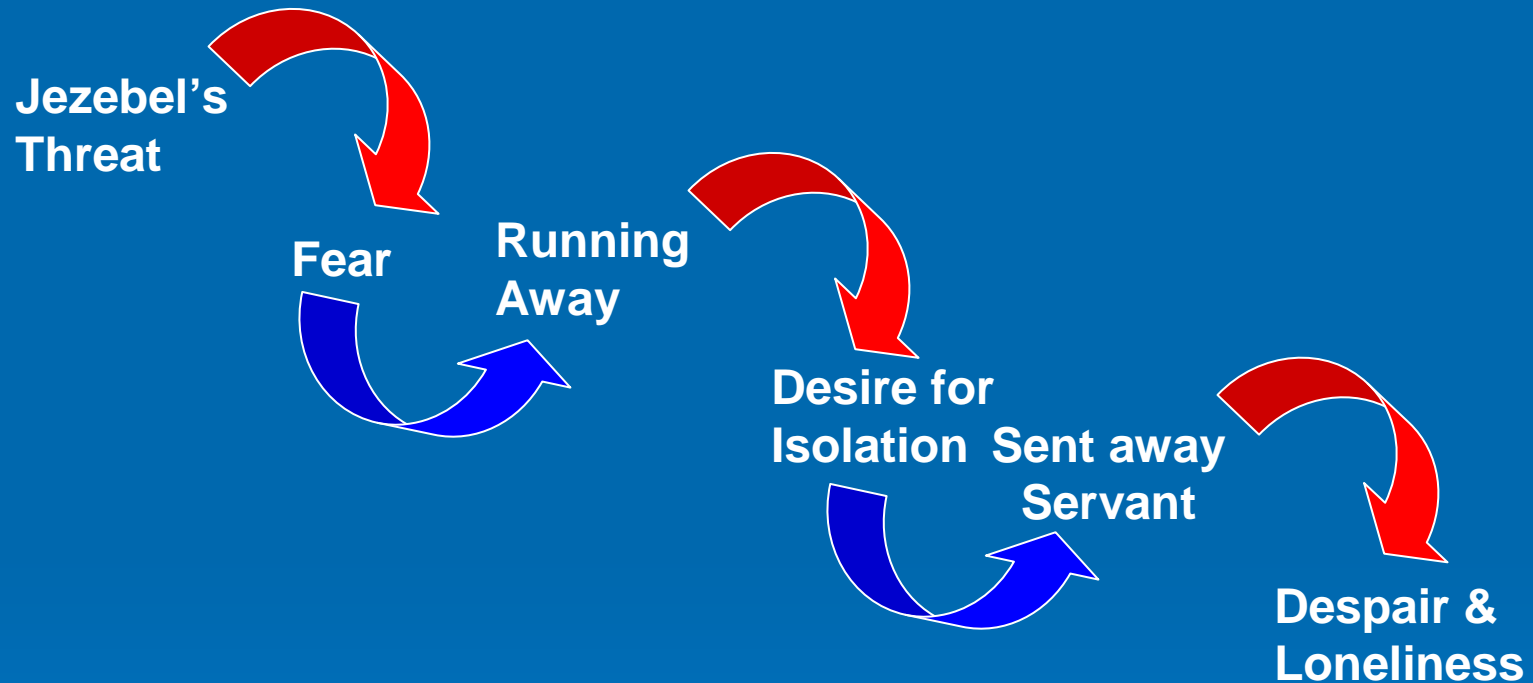
**Thoughts/  
Feelings**

**Actions**





# The Cycle of Depression



# 1 Kings 19:5-10

Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise and eat." 6 Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. 7 And the angel of the LORD came back the second time, and touched him, and said, "Arise and eat, because the journey is too great for you." 8 So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.

# 1 Kings 19:5-10

9 And there he went into a cave, and spent the night in that place; and behold, the word of the LORD came to him, and He said to him, "What are you doing here, Elijah?" 10 So he said, "I have been very zealous for the LORD God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life."

# Symptoms of Depression

- Desire to be alone
- Despair
- Self-Loathing
- Guilt
- Loss of self-worth
- Desire to die
- Desire to sleep
- Disinterest in food
- Feelings of failure, grief and loss
- Feelings of loneliness
- Underestimation of good circumstances
- Overestimation of evil circumstances
- Preoccupation with the negative

# God's Response

## ➤ What it was not:

- Cheer up! Snap out of it!
- You shouldn't feel this way!
- You must have done some wickedness!
- Rom. 12:12; Prov. 25:20

# Romans 12:15

Rejoice with those who rejoice, and weep  
with those who weep.



# Proverbs 25:20

Like one who takes away a garment in cold weather, And like vinegar on soda, Is one who sings songs to a heavy heart.



# God's Response

- What it was not - Rom. 12:12; Prov. 25:20
- What it was
  - Providing for Elijah's needs



# God's Response

- What it was not - Rom. 12:12; Prov. 25:20
- What it was
  - Providing for Elijah's needs
  - Personal contact

# 1 Kings 19:11-14

Then He said, "Go out, and stand on the mountain before the LORD." And behold, the LORD passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; 12 and after the earthquake a fire, but the LORD was not in the fire; and after the fire a still small voice.

# 1 Kings 19:11-14

13 So it was, when Elijah heard it, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice came to him, and said, "What are you doing here, Elijah?" 14 And he said, "I have been very zealous for the LORD God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life."

# God's Response

- What it was not - Rom. 12:12; Prov. 25:20
- What it was
  - Providing for Elijah's needs
  - Personal contact
  - Persistence

# God's Response

- What it was not - Rom. 12:12; Prov. 25:20
- What it was
  - Providing for Elijah's needs
  - Personal contact
  - Persistence
  - Focus on actions rather than feelings

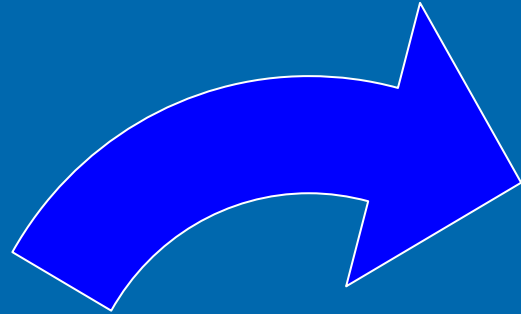
# 1 Kings 19:15-18

Then the LORD said to him: "Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael as king over Syria. 16 Also you shall anoint Jehu the son of Nimshi as king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint as prophet in your place. 17 It shall be that whoever escapes the sword of Hazael, Jehu will kill; and whoever escapes the sword of Jehu, Elisha will kill. 18 Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him."

# Depression in the Bible

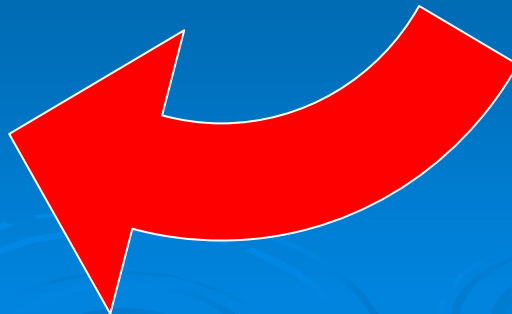
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Timothy – 2 Tim. 1:6-7; 4:5	Likely: opposition, weariness, disappointments	Likely: Fear, lethargy	Paul: "Stir up the gift that is in you!" "Endure! do the work!"
Elijah – 2 Ki. 19	Fear, disappointment	Isolation, sleep, loss of appetite, desire for death, feelings of guilt/failure, despair	God: "Why are you here?", "Get up!", "You have a job to do!" "You are not alone"

# The Cycle of Depression



**Thoughts/  
Feelings**

**Actions**





## 2 Timothy 1:6-7

Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. 7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

# Romans 8:31-35

What then shall we say to these things? If God is for us, who can be against us? 32 He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things? 33 Who shall bring a charge against God's elect? It is God who justifies. 34 Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us.

# Romans 8:31-35

35 Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

**NOTHING**

