

HISTORY

IN 1 & 2 KINGS

Elijah

Dealing With Depression



1 Kings 19

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Dealing With Depression



Abraham Lincoln
Charles Spurgeon
Winston Churchill
Ruth Bell Graham

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Dealing With Depression

How can you know if you are really depressed?

1. Have you lost all initiative in relating to other people?
2. Do you experience repeated crying spells?
3. Do you have a hard time going to sleep or suddenly waking up and you can't go back to sleep for over an hour?
4. Do you awaken in the morning feeling tired and face the day with dread?
5. Do you feel unspecific pain, an aching all over?
6. Do you find yourself thinking about your own death?
7. Do you breathe repeated sighs and feel heavy in the chest?
8. Do you have trouble making decisions or feel generally helpless?
9. Do you find yourself irritable without any reason?
10. Do you have trouble being enthusiastic about anything?

Dr. Wayne Oates

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Dealing With Depression

Physically Drained

1 Kings 19:1-8

¹Ahab told Jezebel everything that Elijah had done and how he had killed all the prophets with the sword. ²So Jezebel sent a messenger to Elijah, saying, "May the gods punish me and do so severely if I don't make your life like the life of one of them by this time tomorrow!" ³Then Elijah became afraid and immediately ran for his life. When he came to Beer-sheba that belonged to Judah, he left his servant there,

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Dealing With Depression

Physically Drained

1 Kings 19:1-8

⁴but he went on a day's journey into the wilderness. He sat down under a broom tree and prayed that he might die. He said, "I have had enough! LORD, take my life, for I'm no better than my ancestors." ⁵Then he lay down and slept under the broom tree. Suddenly, an angel touched him. The angel told him, "Get up and eat." ⁶Then he looked, and there at his head was a loaf of bread baked over hot stones, and a jug of water. So he ate and drank and lay down again. ⁷Then the angel of the LORD returned for a second time and touched him. He said, "Get up and eat, or the journey will be too much for you." ⁸So he got up, ate, and drank. Then on the strength from that food, he walked forty days and forty nights to Horeb, the mountain of God.

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Dealing With Depression

Physically Drained

Sleep

1 Kings 19:5

Then he lay down and slept under the broom tree.

1 Kings 19:6

So he ate and drank and lay down again.

HOW MUCH SLEEP DO YOU NEED?

In 2015, a panel of experts in sleep, anatomy, physiology, pediatrics, neurology, gerontology and gynecology joined forces to create new, age-specific sleep recommendations.

SLEEP TIMES ARE SHOWN ON A 24-HOUR CLOCK FACE.

NEWBORN	INFANT	TODDLER	PRESCHOOL	SCHOOL-AGE	TEENAGE	YOUNG ADULT	ADULT	OLDER
9-11 months	4-11 months	1-2 years	3-5 years	6-13 years	14-17 years	18-25 years	26-64 years	65 years +

16-17 hrs. 12-15 hrs. 11-14 hrs. 10-13 hrs. 9-11 hrs. 8-10 hrs. 7-9 hrs. 7-9 hrs. 7-8 hrs.

SOURCE: NATIONAL SLEEP FOUNDATION. PHOTO: SHUTTERSTOCK. KATE TATE / © iLiveScience.com

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Dealing With Depression

Physically Drained

Eat

1 Kings 19:5-6

⁵ ...**Suddenly, an angel touched him. The angel told him, "Get up and eat."**

⁶ Then he looked, and there at his head was a loaf of bread baked over hot stones, and a jug of water.

Eat
WELL
feel
GOOD



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Dealing With Depression

Physically Drained

Exercise

1 Kings 19:7-8

⁷ ...He said, "Get up and eat, or the journey will be too much for you." ⁸ So he got up, ate, and drank. Then on the strength from that food, he walked forty days and forty nights to Horeb, the mountain of God.

Adults
15-30 min of moderate-intensity
75-150 minutes of vigorous-intensity



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Dealing With Depression

Spiritually Discouraged

1 Kings 19:9-13

⁹ He entered a cave there and spent the night. Suddenly, the word of the LORD came to him, and he said to him, "What are you doing here, Elijah?"

¹⁰ He replied, "I have been very zealous for the LORD God of Armies, but the Israelites have abandoned your covenant, torn down your altars, and killed your prophets with the sword. I alone am left, and they are looking for me to take my life." ¹¹ Then he said, "Go out and stand on the mountain in the LORD's presence." At that moment, the LORD passed by. A great and mighty wind was tearing at the mountains and was shattering cliffs before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake.

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Dealing With Depression

Spiritually Discouraged

1 Kings 19:9-13

¹² After the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was a voice, **a soft whisper.** ¹³ When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Suddenly, a voice came to him and said, "What are you doing here, Elijah?"



HISTORY: IN 1&2 KINGS

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Dealing With Depression

Emotionally Defeated

1 Kings 19:14-18

¹⁴ "I have been very zealous for the LORD God of Armies," he replied, "but the Israelites have abandoned your covenant, torn down your altars, and killed your prophets with the sword. **I alone am left,** and they're looking for me to take my life." ¹⁵ Then the LORD said to him, "Go and return by the way you came to the Wilderness of Damascus. When you arrive, you are to anoint Hazael as king over Aram. ¹⁶ You are to anoint Jehu son of Nimshi as king over Israel and Elisha son of Shaphat from Abel-meholah as prophet in your place. ¹⁷ Then Jehu will put to death whoever escapes the sword of Hazael, and Elisha will put to death whoever escapes the sword of Jehu. ¹⁸ But I will leave seven thousand in Israel—every knee that has not bowed to Baal and every mouth that has not kissed him."

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Dealing With Depression

Emotionally Defeated

Get Connected

CONNECTION GROUPS

BE CONNECTED!

East Booneville BAPTIST CHURCH

CONGREGATIONAL GROUP

GET UP!
LISTEN UP!
CONNECT UP!

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Dealing With Depression

1 Kings 19 Points Us to Jesus

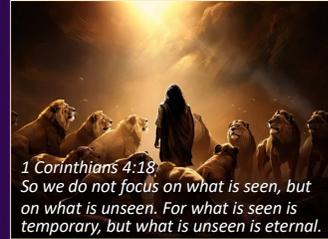
Elijah Ran Into the Wilderness
Jesus Went Into the Wilderness to Defeat Satan

Elijah Sat Under a Tree Wishing to Die
Jesus Hung on a Tree and Died for Us

Elijah Hid in a Cave, but God Called Him Out
**Jesus Was Placed in a Tomb,
but on the Third Day He Walked Out Victorious**

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Dealing With Depression



*1 Corinthians 4:18:
So we do not focus on what is seen, but
on what is unseen. For what is seen is
temporary, but what is unseen is eternal.*

Daniel in the Lion's Den

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1&2 KINGS

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