

Our Depression And God's Faithfulness

1 Kings 19



Depression is Important

- ⊗ Important subject in Bible
- ⊗ Impacts many people
- ⊗ Impacts so many in ministry
- ⊗ Relevant to our relationship with God
- ⊗ Misunderstood by many in the church
- ⊗ It is a challenge we can gain victory from

Believers do get depressed

🎬 **Psalm 42:5-6** ⁵ Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation ⁶ and my God. My soul is cast down within me; therefore I remember you.

David Murray

- ⦿ ““But Christians don’t get depressed!’ How many times have you thought that, said that, or heard that? How many times have Christian pastors and counselors made this claim, or at least implied it? If it is true that Christians don’t get depressed, it must mean either that the Christian suffering from depression is not truly depressed, or he is not a true Christian. But if this notion is false, what extra and unnecessary pain and guilt are heaped upon an already darkened mind and broken heart!” (2010-11-29). *Christians Get Depressed Too* (Kindle Locations 62-65). Reformation Heritage Books. Kindle Edition.

John Lockley

⊗ “Being depressed is bad enough in itself, but being a depressed Christian is worse. And being a depressed Christian in a church full of people who do not understand depression is like a little taste of hell.”

⊗ *Murray, David (2010-11-29). Christians Get Depressed Too (Kindle Locations 144-146). Reformation Heritage Books. Kindle Edition.*

Defining Depression

⦿ Depression is a negative mindset accompanied by feelings of sadness and dejection.

Depression is an indication of and a response to a situation or problem in one's life.

Psalm 102:3-7

³ For my days are consumed like smoke,
and my bones are burned like a hearth. ⁴
My heart is stricken and withered like
grass, so that I forget to eat my bread. ⁵
Because of the sound of my groaning my
bones cling to my skin. ⁶ I am like a
pelican of the wilderness; I am like an owl
of the desert. ⁷ I lie awake, and am like a
sparrow alone on the housetop.

Psalm 43:5

🎬 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him for the help of His countenance.

Steve Bloem,

Broken Minds, Kregel, p. 204

- ❁ “The Psalms treat depression more realistically than many of today’s popular books on Christianity and psychology. David and other psalmists often found themselves deeply depressed for various reasons. They did not, however, apologize for what they were feeling, nor did they confess it as sin. It was a legitimate part of their relationship with God. They interacted with Him through the context of their depression.”

The Morality Of Depression

- ⦿ Not a sin.
- ⦿ A reaction to a loss or situation in life.
- ⦿ Cause may or may not be a sin.
- ⦿ Result may or may not be a sin.
- ⦿ But depression itself is a response.

Matthew 26:37-38

🎬³⁷ And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed. ³⁸ Then He said to them, “My soul is exceedingly sorrowful, even to death. Stay here and watch with Me.”

I. The Causes Of Depression

1 Kings 19:1-4, 10

Circumstantial Reasons

- ❉ **Loss Of Meaningful Relationships**
(death, break up, divorce, miscarriage)
- ❉ **Family History** (abuse, neglect, critical upbringing, history of depression)
- ❉ **Past Pain** (victim, abuse, accident, abortion, catastrophe)

Health Reasons

- ⦿ Seek medical attention
- ⦿ Contact your physician

Spiritual Reasons

- ⦿ Sinful Anger – Saul
- ⦿ Self-Pity – Jonah, Elijah
- ⦿ Guilt – David, Peter, Judas
- ⦿ Disobedience – Jonah
- ⦿ Unfulfilled Hope – Job
- ⦿ Spiritual Affliction – Job, Saul



A. Spiritual Warfare In The Mind

1. Post-Victory Blues

🎬 **The VICTORY**
got to his head

🎬 **1 Kings 19:1** And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword



2. Negative Thinking

🎬 **The
VIXEN got
to his head**



🎬 **1 Kings 19:2** 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.”

B. Physical And Emotional Exhaustion

🎬 **1 Kings 19:3a**

And when he saw that, he arose and ran for his life and went to Beersheba, which belongs to Judah,

🎬 90 miles (physical exhaustion)

🎬 Fear for his life (emotional exhaustion)

C. Personal Isolation

⊙ **1 Kings 19:3b** and left his servant there

D. Faulty Perspective

1. Senseless Praying (4a)

Where Is God?

🎬 **Wondering About The Presence Of God**

🎬 **Psalm 42:3** My tears have been my food day and night, While they continually say to me, “Where is your God?”

Why God?

🎬 **Pondering About The Purpose Of God**

- 🎬 **Psalm 22:1** My God, My God, why have You forsaken Me? Why are You so far from helping Me, And from the words of My groaning?
- 🎬 **Jeremiah 15:18** Why is my pain perpetual And my wound incurable, Which refuses to be healed? Will You surely be to me like an unreliable stream, As waters that fail?

Refocus On God As The One Who Receives Them In Their Weakness And Pain

⊙ **Psalm 38:9-10** Lord, all my desire is before You; And my sighing is not hidden from You. My heart pants, my strength fails me; As for the light of my eyes, it also has gone from me.

D. Faulty Perspective

1. Senseless Praying (4a)
2. Self–Pity (4b)
3. Unwarranted Comparisons (4c)
4. Martyr Syndrome (10)

1. Senseless Praying

⊙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!"

Where Is God? Wondering About The Presence Of God

- ⊙ **Psalm 42:3** My tears have been my food day and night, While they continually say to me, “Where is your God?”
- ⊙ **Matthew 11:3** [John the Baptist] said to Him, “Are You the Coming One, or do we look for another?”

Why God? Pondering About The Purpose Of God

- ⊗ **Psalm 22:1** My God, My God, why have You forsaken Me? Why are You so far from helping Me, And from the words of My groaning?
- ⊗ **Jeremiah 15:18** Why is my pain perpetual And my wound incurable, Which refuses to be healed? Will You surely be to me like an unreliable stream, As waters that fail?

The Depressed Needs To Refocus On God As The One Who Receives Them In Their Weakness And Pain

- ⊗ **Psalm 38:9-10** Lord, all my desire is before You; And my sighing is not hidden from You. My heart pants, my strength fails me; As for the light of my eyes, it also has gone from me.

2. Self–Pity

- ⊙ And he prayed that he might die, and said, “**It is enough!** Now, LORD, take my life,

3. Unwarranted Comparisons

🎬 for I am no better than my
fathers

4. Martyr Syndrome

⊙ **1 Kings 19:10** 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.”

II. The Cure For Depression

1 Kings 19:5-18

A. Care For Your Physical Needs

🎬 **1 Kings 19:5-8**

🎬 Slept, Ate, Drank

🎬 he went in the strength of that
food 40 days

B. Concentrate On God's Powerful Word Over Dramatic Circumstance

🎬 1 Kings 19:9-12

🎬 Wind, Earthquake, Fire – Lord
not in those cataclysmic events

🎬 God spoke in still small voice

C. Commit Yourself To Others (13-18)

- Hazael (2 Kings 8:8-11-15)
- Jehu (2 Kings 9:1-10)
- Elisha (1 Kings 19:19-21)

Conclusion

⊙ **Four Things To Do When Life Gets You Down**

⊙ *from Jesus in the Garden of Gethsemane*

1. Reach out for help

- 🎬 **Matthew 26:37-38** ³⁷ And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed. ³⁸ Then He said to them, “My soul is exceedingly sorrowful, even to death. Stay here and watch with Me.”
- 🎬 A good antidote for **De-pression** is **Ex-pression**.

2. Tell God of your pain

🎬 **Matthew 26:39a** He went a little farther and fell on His face, and prayed, saying, “O My Father, if it is possible, let this cup pass from Me”

3. Confront the reality of the source of depression

39

let
this
cup
pass
from
Me”

- ⦿ Identify loss
- ⦿ Evaluate why God permitted loss
- ⦿ Avoid wrong choices to compensate for depression
- ⦿ Understand that elation is not the cure for depression, perspective is

4. Set aside our disappointment in our unfulfilled expectations to discover the perfection of God's good will.

🎬 **Matthew 26:39b** “Nevertheless, not as I will, but as You will.”

How do we “meet De – Press”?

- **Redirect the camera lens from us to the Lord.**