

Facing Life's Ups and Downs

1 Kings 19:1-18

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I. Being tired and worn, Elijah was in total despair. *1 Kings 19:1-4*

The Lord's strongest servants can still experience depression at times in their lives. Sometimes a lack of faith, or sin can be the _____ for depression and doubt, but that is not always the case. ***Romans 15:4***

1. The _____ did not come from the Lord.
2. Elijah removed himself from healthy _____. (*vs. 3*)
3. Elijah let down his guard after a great _____. ***1 Peter 5:8-9***
4. Elijah was physically _____ and emotionally spent. (*vs.4*)
5. Elijah ended up getting lost in _____.

II. The Lord gave Elijah strength and rest. *1 Kings 19:5-8*

The Lord dealt with Elijah's problem of depression as a _____ issue, He didn't simply dismiss Elijah's emotions.

- Some Bible commentators believe, like I do, that whenever someone received a visit from "the angel of the Lord" in the Old Testament, it was a visit from the _____ Christ.

III. The Lord communicated with Elijah. *1 Kings 19:9-18*

The Lord was drawing Elijah out of the cave of _____ and depression, as He asked him again, "What are you doing here?"

- The Lord is communicating some things we all need to hear. We are not _____ because the Lord is always with us and there are also other like-minded brothers and sisters to connect with.

IV. Overcoming depression.

1. Seek _____ advice and be tested for either chemical or hormonal imbalances, or other medical conditions.
2. Spend personal and corporate _____ with the Lord.
3. The Lord had Elijah _____ about the problem.
4. The Lord dealt with the lies that _____ Elijah's depression.
5. The Lord gave Elijah a _____ to do.

Our peace and joy are found in _____, not in circumstances or other people. People and circumstances can often disappoint you, but Jesus will never fail you.

Small Group Discussion

Looking back at your notes from this week's sermon, was there anything that particularly caught your attention, challenged, or confused you?

1. Read ***1 Kings 19:1-4***. Why was Jezebel and Ahab out to get Elijah?
1 Kings 18:30-45
2. Discuss different times scripture discusses depression. *Is depression always caused by someone's lack of faith or sin?*
Proverbs 12:25, Psalm 50:15, Numbers 11: 10-16, Psalm 51, Psalm 32: 1-5, Job 23:10, Jonah 4:1-11, Psalm 73
3. Read ***1 Peter 5:8-9***. Discuss the five truths about this narrative from point I. of the sermon note sheet.
4. Read ***1 Kings 19:5-8***. *How did the Lord treat Elijah regarding his depression and feelings? In what ways did the Lord provide rest and refreshment to Elijah?*
Proverbs 19:17, Luke 6:35, Romans 12:10, 1 Corinthians 13:4-7, Galatians 5:22-2
5. Read ***1 Kings 19:9-18***. *Why is communication with the Lord so important when it comes to our thought life?*
Proverbs 4:23, Romans 5:3-5, Romans 10:17, Isaiah 26:3, Psalm 139:23-24
6. Discuss the five points of the practical application portion of the sermon notes.
Philippians 4:6-9, John 8:31-32