



ANSWERS TO LIFE'S PROBLEMS
"THE ANSWER FOR DEPRESSION"
I KINGS 19

DEPRESSION IS ONE OF THE BIGGEST PROBLEMS IN OUR WORLD TODAY. EVERYONE GETS DEPRESSED AT TIMES, BUT SOME PEOPLE ARE DEPRESSED NEARLY ALL THE TIME. EVEN SOME OF THE GREAT CHARACTERS OF THE BIBLE GOT DEPRESSED, LIKE ELIJAH. FOR THREE YEARS ELIJAH HAD BEEN GOD'S MOUTHPIECE TO THE NATION OF ISRAEL. BECAUSE OF HIM, GREAT MIRACLES HAD TAKEN PLACE AND A SPIRITUAL AWAKENING WAS TAKING PLACE. BUT KING AHAB AND HIS WIFE JEZEBEL HAD BECOME SO ANGRY WITH HIM THAT THEY HAD PLACED A BOUNTY ON HIS HEAD. NOW, FOR SOME STRANGE REASON, ELIJAH BECAME DEPRESSED AND OUT OF FEAR HE RAN AWAY TO THE DESERT AND COMPLAINED TO GOD THAT HE WAS READY TO DIE. WHY DID ELIJAH GET DEPRESSED? BECAUSE HE PLAYED FOUR MENTAL GAMES THAT ALL OF US PLAY WHEN WE GET DEPRESSED.

I. WE FOCUS ON OUR FEELINGS RATHER THAN ON THE FACTS

ELIJAH MADE THE MISTAKE OF FOCUSING ON HOW HE FELT THAN ON REALITY. HE FELT LIKE A FAILURE BECAUSE OF ONE INCIDENT WHICH SCARED HIM. BUT WE MUST REMEMBER, FEELINGS ARE NOT FACTS; FEELINGS ARE NOT RELIABLE.

II. WE START COMPARING OURSELVES WITH OTHERS

WHEN WE START COMPARING OURSELVES WITH OTHER PEOPLE WE ARE ASKING FOR TROUBLE. THE BIBLE SAYS IT IS UNWISE AND HARMFUL (II COR. 10:12). GOD DOESN'T WANT US TO BE LIKE OTHER PEOPLE—HE WANTS US TO BE OURSELVES BECAUSE WE ARE UNIQUE. IF WE COMPARE OURSELVES TO OTHERS ALL THE TIME, THEN WE WILL BE DEPRESSED AND WILL STAY DEPRESSED.

III. WE TAKE FALSE BLAME

ELIJAH MADE THE MISTAKE OF BLAMING HIMSELF FOR THE NEGATIVE EVENTS THAT WERE NOT HIS FAULT. IN HIS DEPRESSION ELIJAH BLAMED HIMSELF FOR FAILING TO CHANGE THE NATION'S HEART. WHEN WE TAKE THE BLAME FOR THINGS WHICH ARE NOT OUR FAULT, THEN WE WILL BE DEPRESSED.

IV. WE EXAGGERATE THE NEGATIVE

IN VERSE 10 ELIJAH THOUGHT HE WAS THE ONLY ONE WHO TRULY LOVED AND WORSHIPPED GOD IN ISRAEL, SO HE HELD A LITTLE PITY PARTY. JEZEBEL WAS TOO SMART TO KILL ELIJAH AND MAKE HIM A MARTYR, AND ELIJAH SHOULD HAVE KNOWN THIS. TO ELIJAH, EVERYTHING AND EVERYBODY LOOKED BAD, AND THAT WAS BECAUSE HE WAS DEPRESSED. HIS EXAGGERATION MADE HIS DEPRESSION WORSE, AS IT WILL OURS.

WHAT IS GOD'S REMEDY FOR DEPRESSION?

I. TAKE CARE OF OUR PHYSICAL NEEDS

GOD'S INITIAL REMEDY FOR ELIJAH'S DEPRESSION WAS REST, FOOD, AND RELAXATION. WHEN WE ARE PHYSICALLY TIRED AND MENTALLY DRAINED, WE ARE PRONE TO DEPRESSION. WE NEED TO TAKE CARE OF OUR HEALTH NEEDS.

II. GIVE OUR FRUSTRATIONS TO GOD

IN VV. 9-10 GOD ALLOWED ELIJAH TO VENT OUT HIS FRUSTRATIONS TO HIM. WE NEED TO DO THE SAME—WE NEED TO TELL THE LORD WHAT'S WRONG, AND WE OFTEN NEED A TRUSTED FRIEND TO TALK WITH ALSO. KEEPING IT ALL INSIDE WILL ONLY MAKE OUR DEPRESSION WORSE.

Presented by Dr. Jimmy Hilton

**SOUTH POINT
BAPTIST CHURCH**
Finding God's Direction for Life



III. GET A FRESH AWARENESS OF GOD'S PRESENCE IN OUR LIVES

IN V. 11 GOD TOLD ELIJAH TO STAND OUTSIDE ON THE MOUNTAIN AND HE WOULD PASS BY. THERE WAS A STRONG WIND, A FIRE, AND AN EARTHQUAKE, BUT GOD WAS NOT IN ANY OF THOSE GREAT EVENTS. WHAT REALLY GOT ELIJAH'S ATTENTION WAS THE STILL, SMALL VOICE OF THE LORD WHISPERING TO HIM. TODAY GOD STILL SPEAKS TO US IN STILLNESS AND QUIETNESS. IF WE ARE DEPRESSED, WE NEED TO BE QUIET FOR A WHILE AND ALLOW THE LORD TO SPEAK TO US IN STILLNESS AND FEEL HIS PRESENCE.

IV. LET GOD GIVE US A NEW DIRECTION FOR OUR LIFE

IN V. 15 THE LORD GAVE ELIJAH A NEW ASSIGNMENT. THE QUICKEST WAY TO DEFEAT DEPRESSION IS TO QUIT SITTING AROUND THINKING ABOUT OURSELVES BUT TO START LOOKING AT THE NEEDS OF OTHERS.