

1 Kings 19:1-18
“Dealing with Spiritual Depression”

LET'S PRAY -

AS YOU SETTLE IN PLEASE TURN TO 1 Kings 19:1-18...

- I've titled tonight's message: **“Dealing with Spiritual Depression”**

INTRO -

ILLUSTRATION: [WILLIAM RANDOLPH HEARST]

- Hearst had been searching all over the world for something he already had
 - In the same way many Christians live their lives today—chasing peace, joy, purpose, identity, or approval as if it's out there somewhere.
 - **2 Peter 1:3 NLT**

SO WHERE ARE WE AT IN THIS SERIES?

- [Summary of Chapter 17-18]
 - Elijah had these great experiences of God but...
 -

DEPRESSION IS NOT AN EXPERIENCE THAT IS SEPARATED FROM THE CHRISTIAN LIFE

- Dr. Martin Lloyd Jones defines spiritual depression as **“a condition in which a Christian experiences a lack of joy, assurance, or vitality in their spiritual life. It's not clinical depression per se, but a spiritual discouragement that can affect even mature believers”**

(READ V.1-4NLT)

IDEA 1 - Crossroads Under the Broomtree

CHAPTERS LIKE THIS ARE ENCOURAGING NOT DISCOURAGING

- Why? Because it reminds me that our heroes of the faith are just like me
 - The Bible tells us that Elijah was just a man with the same nature as us
 - We can often put these guys on a pedestal that God never intended them to be on.
 - **Here's the principle: The best of men are men at best**
 - Even Paul dealt with this in the New Testament

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■ 1 Cor 3:4-7 NKJV

SO WE SEE OUR HERO IN THE FAITH NOW DEPRESSED

- Maybe this is because Elijah felt ineffective...
 - I wondered if he thought that the results would be different
 - When our expectations are not aligned with God's will we can easily fall under this trap
 - This misalignment is what causes us to be fearful

THERE ARE LOTS OF DIFFERENT PHOBIAS OUT THERE...

- Globophobia = The fear of Ballons
- Lachanophobia = The fear of eating Vegetables
- Hippopotomonstrosesquippedaliophobia = The fear of Long words

WEATHER RATIONAL OR IRRATIONAL, FEAR CAN HAVE A GRIP ON OUR LIVES

- During the last 3 years Elijah never went anywhere unless the Lord told him to go there. This time he fled on his own accord
 - He ran from Jezerel -> Beersheba -> The wilderness of the Negev
 - This was a 100 mile journey = WC -> Cheyenne Wyoming
 - He left the region that God called him to
 - And the people that he was called to minister to
 - But God never told him to leave his post
 - Its when we allow our decisions to be dictated by fear that we remove ourselves from the provisions and blessings of God.

[DISNEYLAND ILLUSTRATION]

(READ V.5-7NLT)

IDEA 2 - The Journey is too Great for You

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GOD WILL MEET YOU RIGHT WHERE YOU ARE

- Maybe you're experiencing great loss, great defeat, fractured relationships. God will meet you under the broom trees of your life.
 - That's why it's important to remember the promises of God...
 - 2 TIM 2:13 NLT “If we are unfaithful, he remains faithful”

NOTICE: GOD'S PRESCRIPTION FOR ELIJAH WAS REST, FOOD & WATER

- God send an angel to him to preach to him, or to condemn him
 - But that is exactly what the Lord did to Elijah, he cared for his physical needs
 - Don't you love how practical God is? Sometimes it looks like a process...
 - It was not a one and done to get Elijah out of this rut.

WHAT IS A BROOM TREE?

- Juniper, Bush, etc. It's a flowering desert shrub 6-8 feet tall...
 - And there is a reason why God is giving us this detail in his Word
 - Numbers 33:18 “They left Hazeroth and camped at Rithmah.”
 - Rithmah = Place of the broom trees
 - This is the only place in the bible that Rithmah is mentioned
 - The formal name of this place is Kadesh
- A story many of you know...
 - Numbers 13:17-18
 - Numbers 13:25-30
 - Fear controlled their decision they ended up in the same place as Elijah
 - The Broomtrees represent those points of decision in our lives...

WE SEE HAGAR IN GEN 21:15-19 NLT LEAVE HER SON ISMAEL TO DIE UNDERNEATH A BROOM TREE

- It was at the place of the Broom Tree that people cried out in desperation
 - He's faithful to meet you where you're at.

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THE LAST PLACE THAT A BROOMTREE IS FOUND IN THE BIBLE IS...

- Job 30:3-4 - Job says in the middle of the wasteland there is some kind of nourishment.
 - Its very bitter and unpleasant but even that has numerous health benefits
 - Poor Circulation
 - Low Blood Pressure
 - Fast and irregular heartbeat
 - So capture this idea... Elijah lost his heart and God symbolically placed him in the place of healing for his heart condition.

DONT MISS THE MESSAGE THAT THE LORD GAVE TO ELIJAH

- Verse 7 he says, “Arise and eat, because the journey is too great for you”
 - You can't do it on your own strength but God is the one who will supernaturally empower you to get out of the rut.
 - Don't stay there longer than you have to.

(READ V.8-14NLT)

IDEA 3 - Listening to the Right Voice

ELIJAH CAME TO THE SAME MOUNTAIN WHERE GOD SPOKE WITH MOSES

- He asks... “What are you doing here?”
 - God didn't lecture Elijah, He gave him a demonstration of his power followed by a gentle whisper of reassurance.

DO YOU HAVE A HARD TIME HEARING GOD'S VOICE?

- I challenge you to do this: Listen... sit down with your bible and just wait.
 - If it's a still whisper, you have to be listening!
 - Psalm 46:10 NLT “Be still and know that I am God”
 - The commotion of life is just a big distraction so that we don't hear from God.
 - God wasn't in the Wind...
 - God wasn't in the earthquake ...

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- God wasn't in the fire...
- Not a Hollywood production

DO YOU EVER FEEL LIKE YOUR ALONE?

- You're listening to the wrong voices in your life.
 - But don't beat yourself up because Elijah did that too.
 - Verse. 18 - God gives Elijah hope...
 - Much greater than that God would use Elijah from this point on to start a school of prophets
 - The bible tells us that there are at least 50 students but likely much much more.
 - One of his students was Elisha...
 - Imagine if Elijah threw in the towel under that broomtree
 - If he bought into the lie that God is done with him
 - But since he didn't give up God transformed his insecurities into his greatest success
- **PHIL 1:6 NLT**

ILLUSTRATION [Midnight Sun Phenomenon]

HERE'S WHAT I WOULD TELL YOU...

- It doesn't matter if the days seem longer, God's mercy are for you every single day
 - His love and healing will never set on you as long as you are listening to his voice.

CALL WORSHIP UP

APPLICATION

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GOD WANTS TO MOVE YOU BEYOND THE BROOMTREES

- Phil 4:19 Says ‘God will supply all your needs according to His riches...’
 - Don't search for his voice, his love or his resources in all of the wrong places, he makes himself available to you!

PRAY