

# JESUS



south shore  
community  
church

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- Depression affects 21 million American children & adults annually. It is the leading cause of disability in the US for individuals between 15-44. (Mental Health, America.org)
- Major Depressive Disorder affects nearly 15 million American adults (almost 7%).
- Suicide is the 10<sup>th</sup> leading cause of death in the US. (get help)

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- Depression is complex and can have many roots. There is usually a soul component that must not be ignored. (anger; demonic; oppressive circumstances & grief)
- This morning let's look at the story of Elijah, a man of God, who struggled with depression due to oppressive circumstances in his life, and we will see some of the remedies God used. (context)

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- 1 Kings 19:3-4, “Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. ‘I have had enough, Lord,’ he said. ‘Take my life; I am no better than my ancestors.’ Then he lay down under the bush and fell asleep.”

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- Elijah is so depressed from his oppressive circumstances that he wants to die, he prays God would take his life. (human enemy attacks; spiritual warfare; spiritual depletion; isolation)
- Oppressive circumstances can often lead to depression. (marriage crisis, financial burdens; health problems) The Lord gives Elijah some practical help:

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- **First, often rest that leads to restoration is required to climb out of the hole of depression.** God brings restorative rest to Elijah. 1 Kings 19:5-8, “All at once an angel touched him and said, ‘Get up and eat.’ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

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- **First, often rest that leads to restoration is required to climb out of the hole of depression.** God brings restorative rest to Elijah. 1 Kings 19:5-8, “The angel of the Lord came back a second time and touched him and said, ‘Get up and eat, for the journey is too much for you.’ So he got up and ate and drank. Strengthened by the food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.”

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- **First, often rest that leads to restoration is required to climb out of the hole of depression.** God brings restorative rest to Elijah. 1 Kings 19:5-8
- God provides Elijah with food & rest. We are physical & emotional beings. If we neglect our bodies & our emotional 'tanks' we can sink low in depression.(replenish vs numb –soul friends)
- Grieving is essential for emotional well being. (grieving losses; exercise & grief)



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- **Second, depression caused by oppressive circumstances can be combated with the promises of God. v.8, “So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.”**
- Mount Horeb is where God met Moses. It is a place of spiritual significance, a place of promise. (deliverance; Promised Land)

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- **Second, depression caused by oppressive circumstances can be combated with the promises of God. v.8**
- There are promises of God for every dark circumstance of life that can give us hope, and carry us through. We must hold on to these.  
(John Bunyon – promise holds the key)  
(Romans 8; James 1 – promises for every oppressive circumstance)

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- **Third, to overcome depression brought on by oppressive circumstances we must access God's presence & hear God's voice.** 1 Ki 19:9-13, "And the word of the Lord came to him: 'What are you doing here, Elijah?' He replied, 'I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.'

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- **Third, to overcome depression brought on by oppressive circumstances we must access God's presence & hear God's voice.** 1 Ki 19:9-13, "The Lord said, 'Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.' Then a great & powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind."

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- **Third, to overcome depression brought on by oppressive circumstances we must access God's presence & hear God's voice.** 1 Ki 19:9-13, "After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but he Lord was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave."

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- **Third, to overcome depression brought on by oppressive circumstances we must access God's presence & hear God's voice. 1 Ki 19:9f**
- God doesn't always reveal himself the way we want him to, or when we want him to, but his presence & his voice lead to victory. Elijah's circumstances don't change, but the depression lifts shortly after this encounter.

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- **Third, to overcome depression brought on by oppressive circumstances we must access God's presence & hear God's voice. 1 Ki 19:9f**
- God's presence & his voice begin to restore hope. His presence & his voice give direction out. His presence & his voice begin to remind us that we are loved. (3x oppression – God spoke key to each) (woman in May)

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