

Maple Springs Baptist Church

Series: Elijah

Week 4: God's Prescription for Our Depression

1 Kings 19:1-3a.

Elijah learned God is faithful & God is good, & God is powerful. Elijah sees God's miraculous provision, miraculous protection, and ultimately a miraculous God. Then Jezebel says, "I am going to kill you." He panics, & runs for his life.

4 easy ways to get depressed:

1 Kings 19:3b-5a. He just had this great victory, now he's praying that his life would end.

Number 1: **Wear yourself out.**

Number 2: **Shut people out.**

Number 3: **Focus on the negative.**

Number 4: **Forget God.**

God's prescription for our depression:

God says to Take Care. 1 Kings 19:5b-6; 7-8.

God replaces our lies with His truth. 1 Kings 19:9-10.

God speaks in a still, small voice. 1 Kings 19:11-12.

God gives us something to do. 1 Kings 19:15-16.

His greatest fear of all, death, was something that he never experienced. God sent a chariot of fire & took him on to Glory. He never experienced his greatest fear. And the reality is, for many of you, your greatest fear, **you're biggest "what if", you may never experience because God will lift you above it. Even if your greatest "what if" does come to pass, God will be with you, & He will be enough.**