

It's Not That Easy

I Feel So
Overwhelmed
&
Depressed

Adapted from:

www.baptiststart.com/sermons_ppt.html

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It's Not That Easy

- Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."

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- **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 desert. He came to a broom tree, 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."**

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- Then he lay down under the tree and fell asleep. All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. 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."

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- **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. There he went into a cave and spent the night. And the word of the LORD came to him: "What are you doing here, Elijah?"**

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- He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken 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." The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by."

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- Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. 12 After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. 13 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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- Then a voice said 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, broken 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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- **The LORD said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and all whose mouths have not kissed him." (1 Kings 19:1-18)**

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Depression

- 1 in 10 people who visit a doctor have depression
- Depression is more than just the normal feelings of sadness associated with life events.
- It may be mild, moderate, or severe
- It is not something people just “snap out of”

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Depression Causes...

- **Helpless and hopeless feelings**
- **Feeling unworthy and guilty without an obvious reason**
- **Problems concentrating & remembering; trouble making decisions**

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Depression Causes...

- **Sleeping too much, feeling tired all the time – or trouble getting to sleep**
- **Withdrawal – Not moving or talking.**
- **Thinking about death**

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Depression Causes...

- **A loss of energy & motivation – even the simplest movement or task seems too difficult**
- **Difficulty going to work or taking care of daily responsibilities**
- **Illogical, negative feelings**

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Depression Causes...

- **Physical symptoms... loss of appetite, digestive problems, headaches**
- **Loss of interest in things you once very much enjoyed**

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Causes of Depression

- **Medical issues: thyroid, post-partum depression, chemical imbalance, certain medications, seasonal affective disorder**
- **Grieving the loss of a loved one**
- **Highly stressful or sad events**
- **Ongoing stress (eg. family problems)**

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A Case Study

- **Elijah: Prophet of God
and Sufferer of Depression**

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1. A Stressful Situation

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." (v.1-2)

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2. Withdrawal

- **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 desert. He came to a broom tree, sat down under it (v.3,4)**
- **Different country: Judah**
- **Not a city, but the wilderness**
- **Didn't take his servant with him**

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3. Thinking About Death

- and prayed that he might die. "I have had enough, LORD," he said. "Take my life;

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4. Feelings of Unworthiness

- "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." (v.4)

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5. Helpless & Hopeless Feelings

He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken 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." (v.10)

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6. Illogical, Negative Feelings

He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken 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." (v.14)

Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and all whose mouths have not kissed him." (v.18)

- He had just prayed to die – he's illogical and his feelings are confused.

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If You are Depressed

- **When you are stuck, get help to get unstuck.**
- **Getting unstuck may require a combination of some of these resources:**
 - **Spiritual: Devotional life (prayer, Bible reading), fellowship, repentance**
 - **Counseling by trained, Christian professional and/or mature Anointed Christian**
 - **Personal discipline in our thoughts & choices**
 - **Medicine from a Christian doctor (if it is a “medical” condition. BE CAREFUL!!).**

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Coping with Depression

- **Good fellowship**
- **Don't feed your depression by brooding and complaining...**
- **Balanced diet – eat nutritious meals & avoid alcohol (depressant)**
- **Exercise – burns negative energy**

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Coping with Depression

“Depression is fed by...

- **mutual gripe sessions... failure to plan... getting behind, resentment, avoiding people, cutting corners, lying, excessive eating, refusal to eat, sleep loss, putting off decisions, and anything else that may lead to the unpleasant feelings of guilt that conscience triggers.” — Jay Adams**

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Coping with Depression

- Genesis 4:6-7, “Then the LORD said to Cain, “Why are you angry? And why has your countenance fallen? If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it.”
- Doing right helps you feel right.
- Doing wrong makes you feel guilty and more depressed.

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Coping with Depression

- **You can't always control the initial problem**
- **You can't always control how you feel**
- **But you can control your choices and respond to the problem God's way!!!**

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- “When you don’t know what to do, do what you know to do.”
- But if that’s not it, Keep walking. Keep praying, witnessing to others, going to church, singing the hymns – when you don’t know what to do, do what you know to do.”

When You Don’t Know What to Do

by Ron Dunn, *When Heaven is Silent*

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A Case Study: How God Helped Elijah

1. God Fed Him Well

- Then he lay down under the tree and fell asleep. All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. 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." (v. 5-7)

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2. God Let Him Rest

**Then he lay down under the tree
and fell asleep. (v.5)**

**He ate and drank
and then lay down again. (v.6)**

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3. God Asked Him Questions to Help Him Think Realistically

- And the word of the LORD came to him: "What are you doing here, Elijah?" (v.9)
- When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?" (v.13)

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4. God Brought Him into His Presence

- The LORD said, "Go out and stand on the mountain in the presence of the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. (v.11-12)
- As we walk and live in God's presence, it is the place of healing, insight, & power.

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5. God Told Him the Truth

- **Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and all whose mouths have not kissed him." (v.18)**
- **Getting in touch with God is getting in touch with reality. "The reality is found in Jesus."**
- **Choose to believe the truth: What you believe in your heart of hearts will determine much about how you feel.**

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6. The Lord Gave Him a Job

- The LORD said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. 16 Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. (v.15-16)
- Path to happiness involves responsibility.

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SUMMARY: How God helped Elijah

- 1. God fed him well.
- 2. God let him rest.
- 3. God asked him questions
(to help him think realistically).
- 4. God brought him into His presence.
- 5. God told him the truth.
- 6. God gave him a job (responsibility).

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How we can help others.

- **God fed him well and let him rest.**

Minister to & check their physical needs.

- **God asked him questions.**

God was practical. Let them talk and listen to them.

- **God brought him into His presence.**

Lead people into God's presence through prayer.

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How we can help others.

- **God told him the truth.**

Tell people the truth in love as the Spirit leads. “God is with you”!!

- **God gave him a job (responsibility).**

Help the person get active in the word, prayer, counseling, work, etc.

Make them “accountable.”

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Listen and minister like Jesus!

**Christian,
you have the Holy Spirit!!**