

What To Do When Singing The Blues

Facing Turbulent Times With Hope

Depression

- Pretty much everyone has been affected by depression at some point in their lives
- Have you ever felt so discouraged, you felt God could never use you?
- 1Kings 19
- Elijah was dealing with 4 issues
 1. A spiritual mountain top experience
 2. A spineless king who took no leadership
 3. A wicked Jezebel

A Prophets Problems

4. He was exhausted
 - a) Physically – had outrun Ahab to Jezreel
 - b) Emotionally – mountain top experiences are often followed by a valley
 - Never doubt in the darkness what God has taught you in the light.
 - c) Spiritually – What happened to the revival?
- These 4 issues were the circumstances Elijah was in. The key is how does he respond to them?

A Poor Response

- A. He took his eyes of God and focused on Jezebel and the letter -3a
 - It was like Peter and the waves
 - Jezebel, seeing her husband was spineless, took matters into her own hands and turned to violence
- B. He failed to apply the truth of the day before
- C. He resorts to his own strength – he runs 100 miles to Beersheba 3b
- D. He separates from positive relationships and keeps running for another day 3c
- E. He wallows in self pity 4

Jehovah the Faithful God

1. Physically – Sleep and Food and a task 5 – 8
 - Horeb is 200 miles in straight line from Beersheba
2. Spiritually - The Lord communicated with Him
 - He challenged Him - 9
 - What was Elijah's answer? 10
 - What was his problem? Self-Pity
 - What was God's answer? 11-13
 - A thin silence – Ps.46:10, Hab.2:20
 - In light of what you have just seen, “Why are you here?” 13b

A New Mandate

- Elijah was stuck – his tape was stuck
- In spite of the revelation of God, no repentance
- I’m sure his excuse sounded thin even to him
- For 3.5 yrs God taught him daily dependence
- Now, God’s name had been damaged, Jezebel was scoffing and the people doubting
- God doesn’t argue, he just gives him a new mandate, out of public view

A New Mandate

- Vs.15,16 – Go anoint some replacement kings
- 16b – “and Elisha, prophet in your place”
- The #1 qualification for a prophet was unwavering trust in our God.
- 3.5 yrs of suffering through drought, wasted
- The demonstration of the presence and power of God through the fire, lost
- It only takes 1 poor decision to lose our testimony. There is always a cost to sin.

God Forgives

- Then God set the record straight -18
- God wasn't finished with Elijah, but he never had a public ministry again
- The first thing he did was find Elisha -19
- Elijah needed a co-worker, Elisha, training
- We will never know what could have happened if Elijah had stood up to Jezebel that day.
- When God calls, God equips, whatever that ministry may be.

God Encourages

- Ps.42 -43 are Psalms about depression
 - 42:5,6,9 and 43:1,2 expressions of depression
 - They are also expressions of how to deal with depression
1. Take your eyes off your circumstance and get them back on the Lord 5
 2. Remember the good things of God 4
 3. Verbalize your purpose to find your Hope in God and speak that praise of your God.