

Depression: Elijah & Jezebel

(notes from Tim Howey's sermon, July 2019)

Great heroes of faith also dealt with depression.

"The Life and Diary of David Brainerd"

David Brainerd was a young missionary to Native Americans in early 1700s. His heart broke to tell people about Jesus and His Love for them.

2 Quotes about David Brainerd

" [Mr. Brainerd is] a remarkable instance of true and eminent Christian piety in heart and practice... and the power of godliness..."

David Brainerd KNEW God; WALKED with God; and his FAITH was REAL.

"...Mr. Brainerd's temper or constitution inclined him to despondency... gloominess of mind... dark thoughts... owing to the **disease of melancholy**..."

David Brainerd battled DEPRESSION and he walked with God! It is possible to walk with God and suffer with depression.

1-Topic: Depression

Some Symptoms: sadness, pessimism, irritability, fatigue, sleep issues, appetite changes, poor concentration, thoughts of death

Bible Phrases for Depression:

- broken heart
- sorrow continually
- full of heaviness
- cast down (i.e. pressed down, depressed)
- brought low (i.e. pressed down, depressed)

• See [Psa 38](#), [Psa 42](#), [Psa 69](#), [Psa 142](#)

Bible Characters who got depressed: Job, Moses, Naomi, Hannah, David, Elijah, Jeremiah (wrote whole book about depression = *Lamentations*), Jonah, Thomas, Paul

2-Thesis: God's Comfort

God wants to comfort you in and through your depression.

3-Elijah's Story

[1Kgs 19:1-18](#)

- Ahab told Jezebel how Elijah had called on God to destroy her 850 false prophets, 1Kgs 19:1.
- Jezebel sent a messenger to Elijah with a threat to kill him, 1Kgs 19:2.
- Elijah was afraid. He took his eyes off God; tried to run from his problems, and isolated himself from his support base, 1Kgs 19:3.
- Elijah was so depressed that he prayed to die, 1Kgs 19:4. This is similar to Job wishing he hadn't been born, Jonah asking the sailors to toss him in the sea, Paul (2Cor 1) once wishing he was dead.
- God cared for Elijah during the depression, 1Kgs 19:5: fed Elijah, cared for him, prompted him to go to Mt. Horeb
 - Compassion: fed him, let him rest, 1Kgs 19:6
 - Kind words: 1Kgs 19:7, [1Cor 10:13](#)
 - Open-ended questions: 1Kgs 19:9
 - Grace-filled responses: didn't criticize Elijah's words or feelings, 1Kgs 19:11
- Elijah cried out that he had been zealous for God and now was **alone** and afraid, 1Kgs 19:10.
- God corrected the **lie** that Elijah was believing and replaced it with the Truth, 1Kgs 19:18. Elijah was not **alone**. God was there for him and had reserved others to be with Elijah as well.

God wants to use your story to help others, [2Cor 1:3-4](#). God used Elijah's depression to guide him to the new king of Syria, the new king of Israel, and his replacement - Elisha.

Prayer: Hope

Father, You are light and life. As Your sons and daughters we bear Your image, so no matter how fierce the darkness grows, Your light can shine brighter. Help me believe this: just the smallest amount of hope can grow into a forest of overcoming! Show us how to be people of hope!