

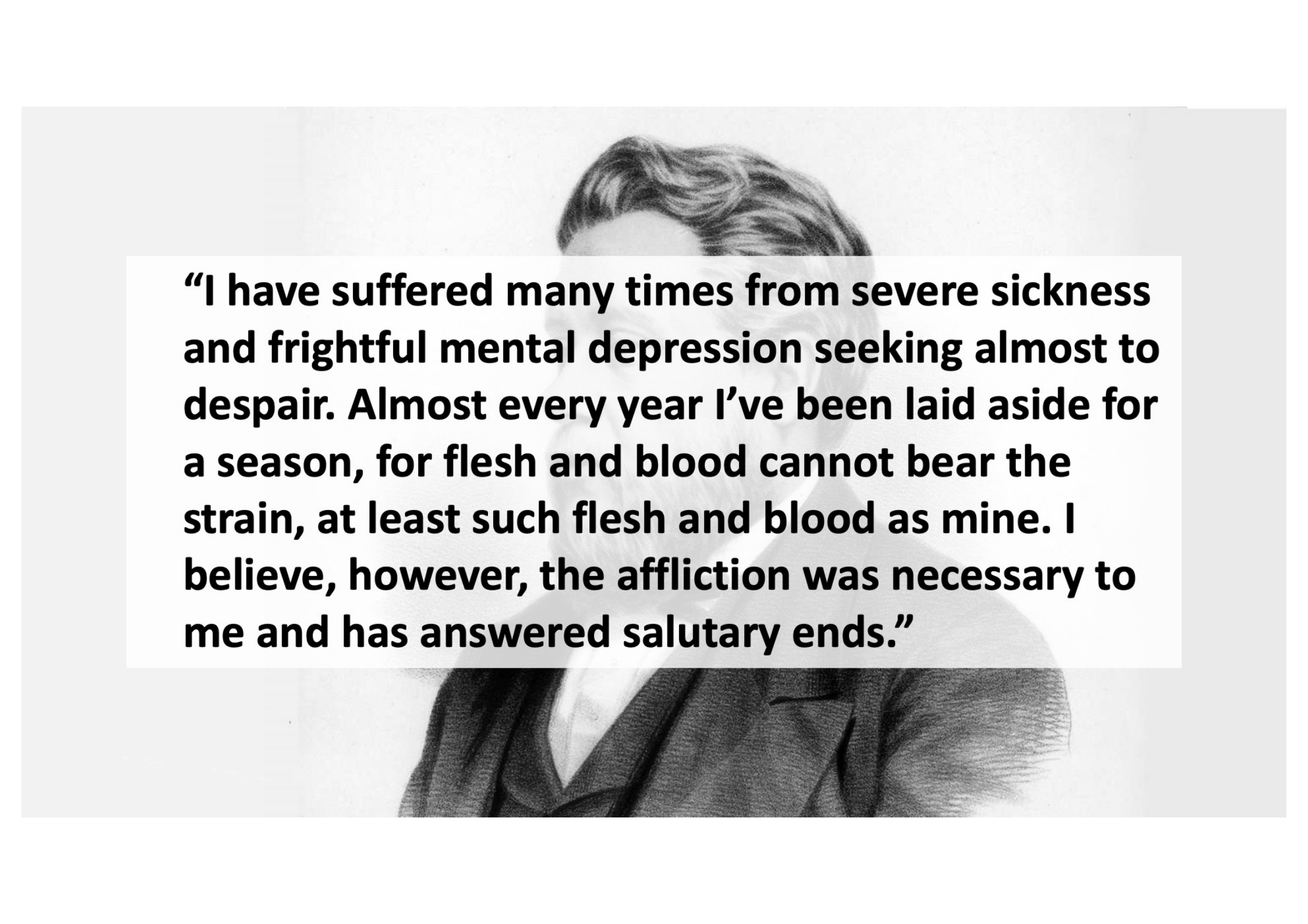


*Leading Generations Into
A Life-Changing Relationship
With Jesus Christ.*

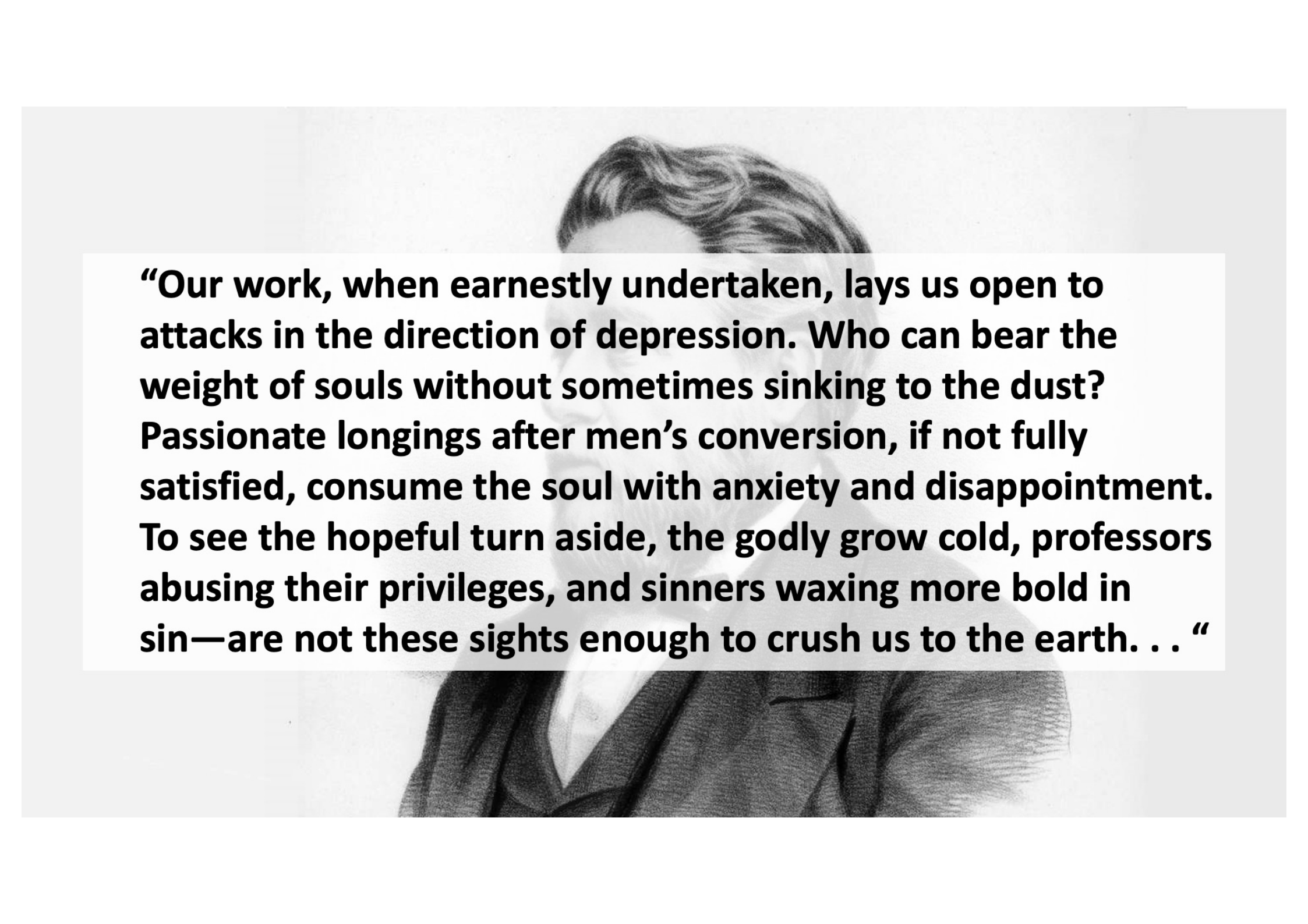
An Honest Look at Depression

1 Kings 19:1-18





“I have suffered many times from severe sickness and frightful mental depression seeking almost to despair. Almost every year I’ve been laid aside for a season, for flesh and blood cannot bear the strain, at least such flesh and blood as mine. I believe, however, the affliction was necessary to me and has answered salutary ends.”



“Our work, when earnestly undertaken, lays us open to attacks in the direction of depression. Who can bear the weight of souls without sometimes sinking to the dust? Passionate longings after men’s conversion, if not fully satisfied, consume the soul with anxiety and disappointment. To see the hopeful turn aside, the godly grow cold, professors abusing their privileges, and sinners waxing more bold in sin—are not these sights enough to crush us to the earth. . . .”



¹Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword.



²Then Jezebel sent a messenger to Elijah, saying, “So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow.”



³Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.





⁴But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers."





⁵And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, “Arise and eat.”



⁸And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.



¹⁰He said, “I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.”



¹¹And behold, the Lord passed by, and a great and **strong wind tore the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind.**

And after the wind an **earthquake, but the Lord was not in the earthquake.**

¹²And after the earthquake a **fire, but the Lord was not in the fire. And after the fire the sound of a low whisper.**



¹⁵And the Lord said to him, “Go, return on your way to the wilderness of Damascus. And when you arrive, you shall anoint Hazael to be king over Syria. ¹⁶And Jehu the son of Nimshi you shall anoint to be king over Israel, and Elisha the son of Shaphat of Abel-meholah you shall anoint to be prophet in your place.



17 And the one who escapes from the sword of Hazael shall Jehu put to death, and the one who escapes from the sword of Jehu shall Elisha put to death.



18Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.”





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**The Bible speaks honestly
about depression.**

Psalm 38:8-10

⁸I am feeble and crushed; I groan because of the tumult of my heart. ⁹O Lord, all my longing is before you; my sighing is not hidden from you. ¹⁰My heart throbs; my strength fails me, and the light of my eyes—it also has gone from me.



2 Corinthians 1:8-9a

⁸For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. ⁹Indeed, we felt that we had received the sentence of death...





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**While the Bible is honest about
depression, we should not confuse
depression with resignation.**



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**God not only works in the loud and
the spectacular, but also in the
quiet and unassuming.**





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