

HOLY BOLDNESS

IN THE CAVE OF DEPRESSION

1 Kings 19:1-18

Jeff Schreve

... and he requested for himself that he might die, and said, "It is enough; now, O LORD, take my life, for I am not better than my fathers."

1 Kings 19:4

What do we learn about depression from the life of Elijah?

1. Depression comes when we are physically worn out.

* God's answer is physical rest and refreshment.

2. Depression comes when we are spiritually fouled up.

Then he came there to a cave, and lodged there; and behold, the word of the LORD came to him, and He said to him, "What are you doing here, Elijah?" And he said, "I have been very zealous for the LORD, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away." 1 Kings 19:9-10

A. Are you found in the wrong place?

B. Are you focused on the wrong thing?

C. Are you filled with the wrong refrain?

3. Depression comes when we are mentally beaten down.

A. You must recognize and reject the lies.

B. You must remember and reassure yourself with the truth.

4. Depression comes when we are practically stuck in neutral.

* Get your eyes off yourself and start helping others.

If you want to get well, follow the Lord's plan out of the cave.