

## Week 3: Dedication During Depression

*1 Kings 19:1-19*

*“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.’” 1 Kings 19:1 (NIV)*

### A. What Just Happened?

1. A **drought** for over three years

*“After a long time, in the third year, the word of the Lord came to Elijah: ‘Go and present yourself to Ahab, and I will send rain on the land.’ So Elijah went to present himself to Ahab.” 1 Kings 18:1-2a (NIV)*

2. A **faceoff** with Ahab, king of Israel

*“Elijah went before the people and said, ‘How long will you waver between two opinions? If the LORD is God, follow Him; but if Baal is God, follow him.’” 1 Kings 18:21 (NIV)*

3. A heavy **rain** and a hefty **run**

*“Meanwhile, the sky grew black with clouds, the wind rose, a heavy rain started falling and Ahab rode off to Jezreel. The power of the Lord came on Elijah and, tucking his cloak into his belt, he ran ahead of Ahab all the way to Jezreel.” 1 Kings 18:45-46 (NIV)*

### B. Troubling Signs

1. Controlled by **fear/worry**

*“Elijah was afraid and ran for his life.” 1 Kings 19:3a (NIV)*

2. Prone to **isolation**

*“When he came to Beersheba in Judah, he left his servant there, while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die.” 1 Kings 19:3b-4a (NIV)*

3. Plagued by self-**pity**

*“‘I have had enough, Lord,’ he said. ‘Take my life; I am no better than my ancestors.’” 1 Kings 19:4b (NIV)*

4. Irregular **sleep**

*“Then he lay down under the bush and fell asleep.” 1 Kings 19:5 (NIV)*

Note: If you are experiencing continual depression or any kind of suicidal thoughts, you should speak to someone (and your doctor) immediately. This sermon should not take the place of professional counseling or medical directives that may be given.

### C. Effective Solutions

1. Get up and complete the **necessary**. God has a plan!

*“All at once an angel touched him and said, ‘Get up and eat.’ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.” 1 Kings 19:5b-6 (NIV)*

2. Realize it may take a few **tries**.

*“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.’” 1 Kings 19:7 (NIV)*

3. Pull from God’s **strength**, not your own. (Fast | Pray | Read)

*“So he got up and ate and drank. Strengthened by **that** food,…” 1 Kings 19:8a (NIV, emphasis added)*

4. Get **moving**.

*“...he traveled forty days and forty nights until he reached Horeb, the mountain of God.” 1 Kings 19:8b*

5. Look for big plans in **small** packages.

*“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. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.” 1 Kings 19:11b-12*

6. Be **obedient**.

*“So Elijah went from there...” 1 Kings 19:19a*

### D. Our Response

1. Self-assessment: Am I...

Controlled by fear/worry, prone to isolation, plagued by self-pity, or drawn to excessive sleep?

2. What is something simple and necessary I could complete (a project, chore, etc.)?

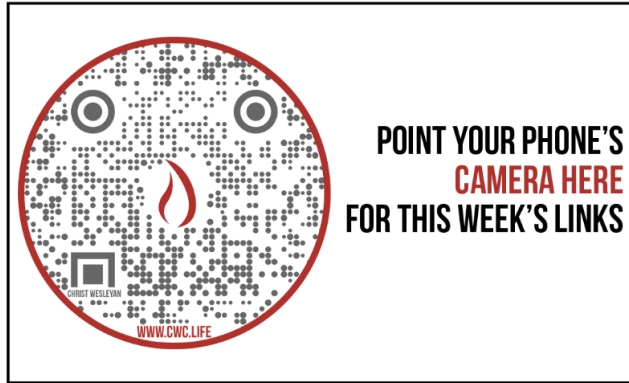
3. How can I draw from God’s strength (a fast, devo, day alone with God, etc.)?

4. Where do I seem to hear God the most?

5. Is there something I know I should be doing?

*To begin a relationship with Jesus...  
Text: I Choose Jesus to 570.273.0088*

**Next Sunday: Week 4: The Power of 40: Dedication During Discouragement**



**Giving & Attendance Update**

**Giving last Sunday: 78.6% of goal**

**Giving year to date: 90.6% of goal**

**Attendance last Sunday: 1,514**