



A Chronicle Of Despair

1 Kings 19:1-15

From Despair To Depression

- Jezebel promised to kill Elijah before the day was done.
- Running into the wilderness, Elijah went from despair to full-blown depression.
- Many Christians battle with depression on a daily basis.
- Elijah's experience reflects that even people of great faith can struggle with depression.

Depression Has Many Causes

- **Causes of depression fall into one of four categories:**
 - **Temperamental**
 - People are simply wired differently.
 - A person's temperament can be a cause of depression.
 - **Circumstantial**
 - Situational depression.
 - Death, disease, divorce and disaster.
 - **Psychological**
 - The number one cause of depression is repressed anger.
 - Internalized anger makes a person feel sorry for him/herself which causes depression.
 - **Physical**
 - Clinical depression is usually caused by a chemical imbalance of serotonin in the brain.
 - Poor diet, lack of exercise and physical exhaustion can affect serotonin levels and worsen feelings of depression.

The Prescription For Despair

- **Rest, or recuperation:**
 - God took care of Elijah's physical needs.
 - One of the most spiritual things we can do is rest.
 - Rest can renew our spirits and replenish our spiritual resources.
- **Diet and exercise:**
 - It is almost impossible to overcome despair if we are not eating right and resting well.
- **Revelation:**
 - We can never be transformed without an encounter with the Living Lord.
 - Two ways we can get a new revelation of God's presence and power is to read the Bible and go to church.
- **Responsibility:**
 - God gave Elijah a new responsibility.

Conclusion

- We must learn that we cannot control what other people do.
- We do not need pity so much as we need responsible direction and a new goal.
- We do not always need to seek security as much as we need to seek a new challenge.