

Duty and Depression

Guided Growth with Pastor Keith @ CBC Wed. Apr. 8

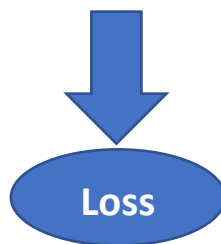
Psalm 42:5; 11; 43:5 “*Why art thou cast down, (shāḥāḥ: depressed) O my soul? and why art thou disquieted (hāmā: stormy tumult) in me? Hope thou in God: for I shall yet praise him for the help of his countenance.*”

Case Study: James 5:16,17 “*The effectual, fervent prayer of a righteous man availeth much. Elias (Elijah) was a man subject to like passions as we are, yet he prayed earnestly...*”

Since God specifically says he’s like all of us, then there are important lessons we can learn from his journey from Faith to Frustration and then back to Faith.

Elijah’s descent into Depression*: 1 Kings 19

1. The path down the valley of depression usually begins with some type of Loss.
(Real or Perceived)



*Our basic needs feel threatened.
(Security, Significance)*

Which basic need or needs did Elijah feel was threatened?

1 Kings 19:2 “*Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time.*”

How did he respond to this threat?

Physically: Vs 3 “*when he saw that, he arose, and went for his life, and came to Beersheba, which belongs to Judah,*”

Socially: Vs 3,4 “*and left his servant there. but he himself went into... the wilderness*”

Emotionally: Vs 4 “*he requested for himself that he might die... I am no better than my fathers.*”

What are some of the factors that influence the depth of His (and our) depression?

2. These losses can leave us vulnerable to Satan’s “darts” which can take root and infect us with “Stinking Thinking”. Eph. 6:16 and 2 Cor 10:3-5



*Self Pity and/or Condemnation,
Fear/Anxiety, Anger, Despair, etc)*

Negative patterns of thinking

Can you identify negative thoughts and emotions Elijah may have been entertaining?

Vs 3,4 “*He arose, went for his life... left his servant... But he himself went a ... into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers.*”

➤ What impact do negative thoughts have on us?

Luke 10:41 “*Martha, Martha, thou art careful and troubled about many things:*”
Careful (Miramnao: distracted and anxious) Troubled (tyrbaxo: crowd and disturbed)

Distracted from What (or Who)?

Who / What might be behind this?

Why?

What's the solution or antidote for this? Mt 6:33

Lk 10:42 *"one thing is needful: (chreia: necessary) and Mary hath chosen that good (agathos: useful) part."*

- How did the Angel deal with Elijah at this point? (Vs 5-7)
God used an angel (messenger) to redirect Elijah's focus. (See James 5:19-20 and Gal. 6:1-3)
- What did God know that Elijah didn't yet know? (See Vs.7,8)
Was this "angelic" visitor enough to change Elijah's attitude?

3. Our negative thoughts will usually produce and/or fuel negative emotions.



Negative Emotions (resentment, suppressed anger)

- What negative emotions do you think Elijah was struggling with? Vs 10
"I have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away."
- What negative emotions was Elijah struggling with? 10
- Did God directly address his negative emotions? Why or why not?
- What did God do? He gave him:
 - 1) Demonstration of Power! (11,12) Did that change anything? (Vs 13,14)
 - What does this teach us?
 - (1) Negative Emotions usually produce negative actions/attitudes!
 - (2) You can't always affect emotions by circumstances or reason.
 - 2) Specific Directions Vs 15-17 (Another assignment)
 - What effect might this have had on Elijah? (See Phil. 4:4-9; Pr. 16:3)
 - 3) "Sanctified" Clarification. (18) *"Yet I have left me seven thousand in Israel, all the knees which have not bowed unto Baal"*

Ps 42:5,11; 43:5 *"Why art thou cast down, (shāḥaḥ: depressed) O my soul? Why art thou disquieted in me? Hope thou in God: "(Yāḥal: patiently trust)*

James 5:16-20 *"Elias was a man subject to like passions, as we are...if any of you do err (planao: drift, wander) from the truth, and one convert him; (Epistrepho: turn around)*

20 *Let him know, that he which converteth the sinner (hamartolos': from hamatano: miss the mark, miss the prize) from the error (plan'e: deception, straying) of his way shall save (soz'o: deliver, protect) a soul from death, and shall hide a multitude of sins."*

Elijah's response to God's instructions will determine the outcome of his depression.

*taken in part from Biblical Counseling Keys on Depression by June Hunt.