

Message Notes for 5-10-20
Looking Up From Here
1 Kings 19:1-18

1. Have you suddenly or slowly lost all initiative in relating to other people?
2. Do you experience repeated crying spells that have no apparent cause?
3. Have you persistently over a period of weeks awakened suddenly and been unable to return to sleep for over an hour?
4. Do you awaken in the morning feeling tired and face the day with dread?
5. Do you feel pain of an unspecific, scattered kind and aching all over?
6. Do you find yourself thinking about your own death? Wishing life were over?
7. Do you breath irregularly, sigh repeatedly, and feel heavy in the chest?
8. Do you distrust your own wisdom, having trouble making decisions, or feeling generally helpless?
9. Do you find yourself irritable, cross without any reason?
10. Do you have trouble being enthusiastic about anything?

1 Kings 19:1-4

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. [2] 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."

[3] Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, [4] while he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."

How Do You Get Depressed In Four Easy Steps?

1. _____ yourself _____

2. _____ people _____

3. Focus on the _____

A. _____ started to take over

B. Self-pity _____

4. _____ God

A. . . .the _____ of God

GOD'S PRESCRIPTION FOR DEPRESSION

1. Get _____ and _____ right

1 Kings 19:5-8

Then he lay down under the tree and fell asleep.

All at once an angel touched him and said, "Get up and eat." [6] He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

[7] 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." [8] So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

2. _____ to the _____ of your faith.

1 Kings 19:8

So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

3. _____ your _____ with God's _____

1 Kings 19:9

There he went into a cave and spent the night.

And the word of the Lord came to him: "What are you doing here, Elijah?"

1 Kings 19:10

He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

1 Kings 19:18

Yet I reserve seven thousand in Israel--all whose knees have not bowed down to Baal and all whose mouths have not kissed him."

2 Cor. 10:4-5

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. [5] We demolish arguments and every pretension that sets itself up against the knowledge of God, and we _____ every _____ to make it obedient to Christ.

4. _____ for God's _____

1 Kings 19:11-12

The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by."

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. [12] After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.

5. God gives us _____

1 Kings 19:15-16

The Lord said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. [16] Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet.

A. Turn your focus to _____

B. Get involved in the _____

APPLICATION: God _____ take _____ !