

# Trusting God in the Pit of Depression

## *Elijah: A Man of Heroism and Humility*

Scripture Reading: 2 Corinthians 1:8-11

- A. Elijah was a heroic prophet. Elijah was a man of great humility. But Elijah was also just a man—a human being. He battled discouragement, despondency, and depression. And on one occasion, he couldn't shake it.
- B. 1 Kings 19 gives us a glimpse into this dark (and relatable to) period in Elijah's life. We can meditate upon it and use it for practical insight in our own lives.

### **I. Elijah Falls Into The Pit Of Depression (1 Kings 19:1-4)**

- A. A cast of four major characters—Ahab, Jezebel, Elijah, and God.
- B. "Then [Elijah] was afraid, and he arose and ran for his life..." **Why?**
  1. Elijah was not thinking \_\_\_\_\_.
  2. Elijah \_\_\_\_\_ himself from strengthening relationships.
  3. Elijah was caught in the \_\_\_\_\_ of a great victory.
  4. Elijah was physically \_\_\_\_\_ and emotionally \_\_\_\_\_.
  5. Elijah was lost in \_\_\_\_\_ - \_\_\_\_\_.

### **II. Elijah Is Strengthened To Come Out Of The Pit Of Depression (1 Kings 19:5-21)**

- A. God allowed Elijah a time of \_\_\_\_\_ and \_\_\_\_\_.
- B. God communicated \_\_\_\_\_ with Elijah.
- C. God gave Elijah a close, personal \_\_\_\_\_.
- D. The key? Elijah had to get his eyes back on \_\_\_\_\_!
- E. Elijah reminds us to look up (*James 1:17-18*).