

## Spiritual depression

### Greats that battled:

1. Jeremiah, Jeremiah was the son of Hilkiah, a priest from the land of Benjamin in the village of Anathoth. The difficulties he encountered, as described in the books of Jeremiah and Lamentations, have prompted scholars to refer to him as "the weeping prophet".

2. Job

#### **Job 3:1**

After this, Job opened his mouth and cursed the day of his birth.

3. Paul

#### **2 Corinthians 1:8**

We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.

4. M Luther battled depression

5. Wesley, founder of Methodist church. Mentioned causeless depression

6. Spurgeon. He was open about his struggles

### **Romans 8:28**

We know that all things work for good for those who love God, who are called according to His purpose

- Won't always be sunshine and roses

- God will fulfill His purposes in our lives, which in the end works for His glory, which is good.

### **Jesus was emotionally troubled as well**

- **Matt 26:37-38**

37 He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. 38 Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”

- **Mark 3:1-5**

Another time Jesus went into the synagogue, and a man with a shriveled hand was there. <sup>2</sup> Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. <sup>3</sup> Jesus said to the man with the shriveled hand, “Stand up in front of everyone.”

<sup>4</sup> Then Jesus asked them, “Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?” But they remained silent. <sup>5</sup> He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored.

### **Mark 14:33-34**

<sup>33</sup> He took Peter, James and John along with him, and he began to be deeply distressed and troubled. <sup>34</sup> “My soul is overwhelmed with sorrow to the point of death,” he said to them. “Stay here and keep watch.”

## **John 11:33**

When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled.

### **Elijah was troubled after huge victories**

- He prays and it stops raining for 3 years
- He outruns a horse
- Calls down fire and slaughters prophets from Baal -1 Kings 18.

### **Elijah Flees to Horeb**

#### **1 Kings 19:1-16**

**19** Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. <sup>2</sup> 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.”

<sup>3</sup> Elijah was afraid<sup>[a]</sup> and ran for his life. When he came to Beersheba in Judah, he left his servant there, <sup>4</sup> 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. “I have had enough, LORD,” he said. “Take my life; I am no better than my ancestors.” <sup>5</sup> Then he lay down under the bush and fell asleep.

All at once an angel touched him and said, “Get up and eat.” <sup>6</sup> 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.

<sup>7</sup> 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.” <sup>8</sup> 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. <sup>9</sup> There he went into a cave and spent the night.

### **The LORD Appears to Elijah**

And the word of the LORD came to him: “What are you doing here, Elijah?”

<sup>10</sup> He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn 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.”

<sup>11</sup> 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. <sup>12</sup> After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. <sup>13</sup> When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

Then a voice said to him, “What are you doing here, Elijah?”

<sup>14</sup> He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn 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.”

<sup>15</sup> 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. <sup>16</sup> Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet.

## **5 things that stand out.**

### **1. For every ministry that is out there, there is an anti-ministry**

- Elijah vs Ahab & Jezebel
- Moses vs Pharaoh
- Jesus vs Pharisees
- John the Baptist vs Herod

The only thing that doesn't get spiritual resistance has already been surrendered to the devil. Why? since this is a Spiritual battle for our souls.

### **2 Cor 10:3-6**

<sup>3</sup>For though we live in the world, we do not wage war as the world does. <sup>4</sup>The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. <sup>5</sup>We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. <sup>6</sup>And we will be ready to punish every act of disobedience, once your obedience is complete.

### **1 Peter 5:8**

<sup>8</sup>Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

### **2. The stronger the anointing, the deeper the suffering**

- Elijah after the huge high after the slaughter of the Prophets of Baal.
- Jesus and His suffering as the spotless Lamb.

AW Tozer "Those who God uses mightily, also is wounded deeply.

What have you been through in the past that prepared you for ministry?

What has God given you for the sake of the Kingdom?

We are God's servants and He has instructed us to do certain things.

### **Luke 12:47-48**

**47** "The servant who knows the master's will and does not get ready or does not do what the master wants will be beaten with many blows. **48** But the one who does not know and does things deserving punishment will be beaten with few blows. From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked.

### **3. The leader who calls the shots are the same guy who takes the shots.**

Obediah even though he was protecting the prophets of the Lord in 1 Kings 17, Elijah was the one taking the hits with Ahab and Jezebel.

If you don't stand for something, you will fall for anything.

### **4. God takes better care of us, than we can take care of ourselves.**

Elijah is done- God steps in and takes care of Him

### **1 Peter 5:7**

**Cast** all **your** anxiety on him because he **cares** for you.

### **5. If Elijah needed time with God when he was down, we need time with Jesus.**

\* Tired? He gets it. Hungry? He gets it. Had enough? He gets it

\* Jesus has compassion over us

Heb 4:14-16

Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

### **Gods recovery plan for those in distress**

1. Sleep. Either you take a break or you break.

Matt 11:28

<sup>28</sup> “Come to me, all you who are weary and burdened, and I will give you rest.

2. You need a divine touch. Invite the Holy Spirit into your situation. If you need a word from the Lord, read the Word of the Lord. If you are afraid, read what the Word says about fear. If you are battling with unforgiveness/ bitterness, read what the Word says about that.

John 14:15-18

<sup>15</sup> “If you love me, keep my commands. <sup>16</sup> And I will ask the Father, and he will give you another advocate to help you and be with you forever— <sup>17</sup> the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be<sup>[c]</sup> in you. <sup>18</sup> I will not leave you as orphans; I will come to you.

3. Eat, look at your diet.

## 1 Corinthians 10:31

“So whether you eat or drink or whatever you do, do it all for the glory of God.”

### 4. Remain in the Lord

John 15:4-5

<sup>4</sup> Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

<sup>5</sup> “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.