

Drinking A Depression Cocktail

Our Mission: To take as many people to Heaven as we can before we die. Period.

Fear and isolation leads to depression.

Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. **1 Kings 19:3 NLT**

No community and no rest... stress, suicidal thoughts, living in comparison to others.

Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died." **1 Kings 19:4 NLT**

All this adds up to a lack of hope.

How to Defeat Depression

1. Get some sleep.

Then he lay down and slept under the broom tree. **1 Kings 19:5a NLT**

2. Improve your diet.

But as he was sleeping, an angel touched him and told him, "Get up and eat!" He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. **1 Kings 19:5b-6 NLT**

3. Regulate your schedule by getting up early.

Then the angel of the LORD came again and touched him and said, "Get up and eat some more..." **1 Kings 19:7 NLT**

4. Exercise (go for a walk)

"...or the journey ahead will be too much for you." **1 Kings 19:7 NLT**

5. Go to God.

So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. **1 Kings 19:8 NLT**

6. Clarify your purpose.

There he came to a cave, where he spent the night. But the LORD said to him, "What are you doing here, Elijah?" **1 Kings 19:9 NLT**

7. Focus on what you can control.

Elijah replied, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too." **1 Kings 19:10 NLT**

8. Get still in the presence of God.

"Go out and stand before me on the mountain," the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper. When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And a voice said, "What are you doing here, Elijah?" **1 Kings 19:11-13 NLT**

9. Dream again.

He replied again, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too." **1 Kings 19:14 NLT**

10. Begin your legacy.

Then the LORD told him, "Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. Then anoint Jehu grandson of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet. Anyone who escapes from Hazael will be killed by Jehu, and those who escape Jehu will be killed by Elisha!" **1 Kings 19:15-17 NLT**

11. Remember you are not alone.

Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!" **1 Kings 19:18 NLT**

Message Notes: The Holy Bible, New Living Translation.

