



THE VISIBLE HAND
— OF THE INVISIBLE GOD —

PART SIX

Sermon Overview

Psychological depression can be more dangerous than physical ailments, and it can happen to anyone, even those faithfully serving God. In 1 Kings 19:1-10, Elijah's victory at Mount Carmel is followed by a bout of depression, providing insights and encouragement for believers in similar circumstances.

PART SIX

Psychological depression can be more dangerous than physical ailments, and it can happen to anyone, even those faithfully serving God. In 1 Kings 19:1-10, Elijah's victory at Mount Carmel is followed by a bout of depression:

¹ *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."*

⁵ *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.

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?”

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 19:1-10

ELIJAH WAS AFRAID

Whenever a believer gets a great victory from the hand of the Lord, Satan immediately works to steal away the joy of the victory. In Elijah’s case, his fear of Jezebel drove him into isolation, and a deep depression. This episode in his ministry provides four lessons for believers facing similar circumstances:

Elijah Made a Great Decision Without a Word from The Lord

Throughout Elijah’s ministry, he only made a move or took action when he was prompted by the Lord. In verse 3, we do not see him receiving a prompting from the Lord, but instead allowing fear to guide him.

Elijah Isolated Himself When He Least Needed to Be Alone

There are times when we should be alone with God in prayer, but in moments of sudden defeat, we need brothers and

sisters in Christ around us to remind us of God's blessings, past actions, and promises for the future.

Elijah Lost Perspective

Despite fleeing from Jezebel's threats to kill him, Elijah found himself wishing for death at God's hands, and falling into self-pity.

Elijah Was Exhausted in Every Way

There is nothing more exhausting emotionally, spiritually, and psychologically than spiritual warfare, and Elijah had just fought a great battle in the name of Yahweh.

GOD'S RESPONSE

Despite Elijah's lowly state, God meets Elijah and provides for his every need. We can trust God to deal with us similarly when we are blindsided after a great victory.