ELIJAH

JUST LIKE US

LEARNING FROM THE LOWS OF LIFE

March 21, 2021 // Tyler Scott, Lead Pastor

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The Bible is as honest about the lives of its heroes as it is about those who rejected God. This is also true for the prophet Elijah. After Elijah witnessed God's incredible power by flashing fire from heaven at Mt. Carmel (1 Kings 18:38) and bringing rain back after more than 3 years of drought, (1 Kings 18:45), we now see Elijah experience the depths of fatigue, discouragement and depression just after two spiritual victories. Today we look at 1 Kings 19 where Elijah is struggling with incredible loneliness and depression. Elijah really is *just like us*.

1. **READ 1 Kings 19:1-2.** Jezebel, the wife of King Ahab, ranks as the most evil woman in the Bible. Many pagan women married into Israel without acknowledging the God of their husbands. But she was determined to make all of Israel worship her gods. Why do you think she hated Elijah so much?

2. **READ 1 Kings 19:3-4.** Discuss what Elijah is doing? Have you ever experienced feelings like this, especially after a spiritual victory? Share.

3. **READ 1 Kings 19:5-8.** What did God provide?

4. **READ 1 Kings 19:9-10.** Tyler talks about steps that can lead to depression. How many of these steps do you see Elijah experiencing in these passages?

- Burnout/exhaustion
- Shut people out
- Compare yourself to others
- Forget God's Faithfulness

Have you experienced any of these steps? Discuss with the group.

4 Steps That Lead Us Out of Depression

- Get some rest and refreshment.
- Go to places where you experience God.
- Find someone to talk to, and share your story.
- Replace lies with truth.

DISCUSSION QUESTIONS:

1. Of the 4 things in this passage that lead INTO depression--burn yourself out, shut people out, compare yourself to others, and forget God's faithfulness--which one is your most common challenge?
2. Sometimes the most spiritual thing we can do is rest. That sounds easy, but why is it so hard for most of us to rest? What can you do to rest more?
3. Based on this message, what's one way you can encourage someone struggling with depression?

GOING DEEPER–**Read Psalm 143.** Although he wrote this prayer in the midst of hopelessness and great depression, David knew God's character included a plan for him. Spend each morning this week praying Psalm 143 and ask God to show you where to walk as you give yourself to Him.

COMMIT TO MEMORY–*"Let me hear of your unfailing love each morning, for I am trusting you. Show me where to walk, for I give myself to you." Psalm 143:8*