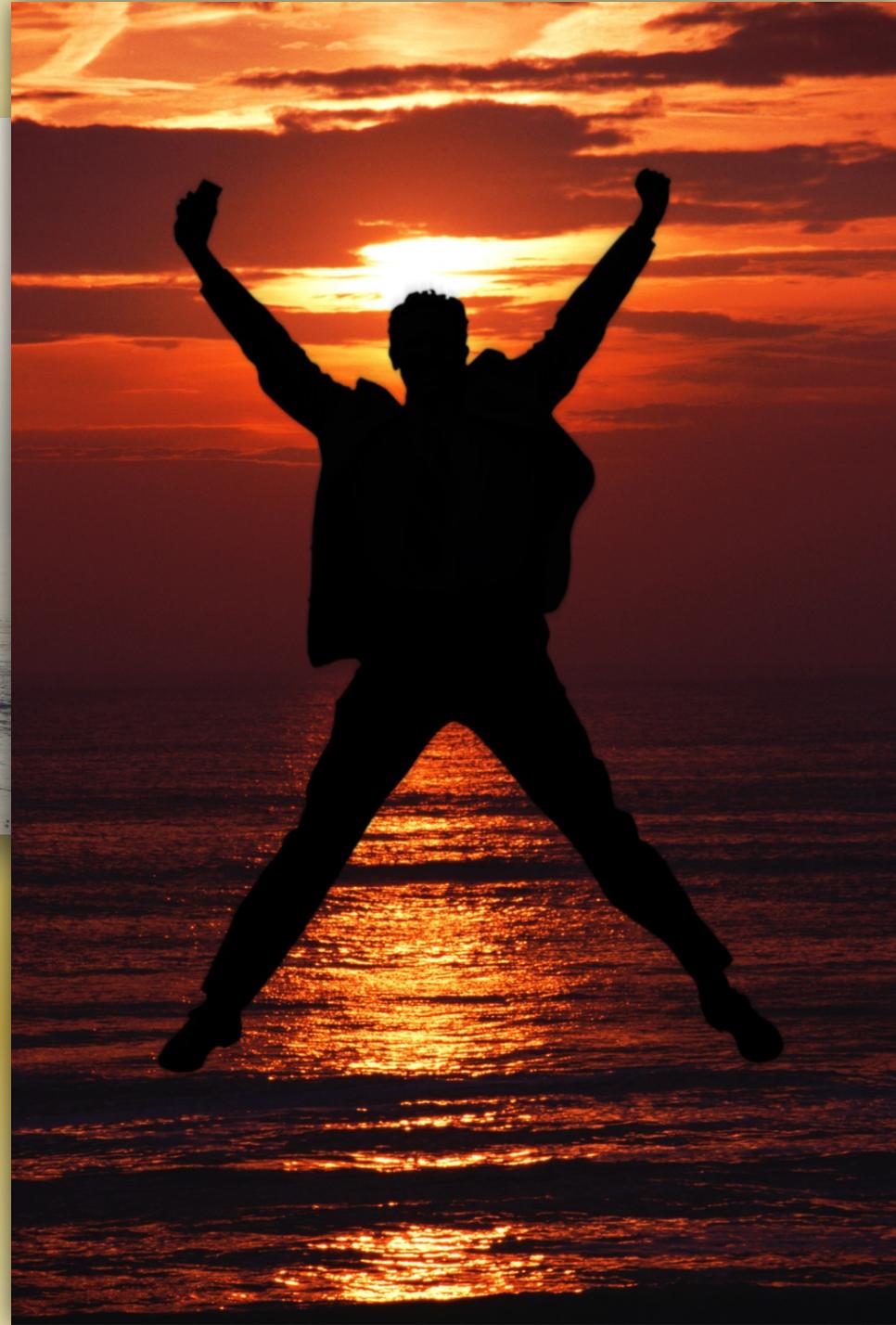


*God's Cure  
for the Blues*



James 5:17 says, “[Elijah] was a man subject to like passions as we are.”





Ultimate Bible  
Picture Collection



## Mount Carmel



I Kings 16:30 says “Ahab...did evil in the sight of the Lord above all that were before him.”

And he was married to Jezebel, an evil woman, who introduced Baal worship to Israel. And these two teamed up in their wicked terror in reigning over Israel together.



Elijah should have laughed when Jezebel made this threat by her “gods” who had just been exposed as powerless and not real on Mount Carmel.

Instead of laughing this message off, Jezebel’s threat overwhelmed Elijah’s faith.

Elijah ran for his life, running a long, long way away, from Jezreel in the north where he was at, all the way to Beersheba, 100 miles away, as far south in Israel he could go.





# Self Pity

We see self-pity creep in on Elijah. And self-pity will lie to you. It exaggerates. It cultivates a “poor me,” “victim mentality” in your head.

Charles Swindoll writes, “Self-pity mauls its way inside our minds like a beast and claws us to shreds.”



# Self Pity

Elijah prays and asks the Lord to take his life. He wasn't alone in feeling like this among other people in the Bible.

Moses was once so blue and discouraged he asked God to take his life (Num. 11:15). Jonah did the same (Jonah 4:3).

Job and Jeremiah both wished they'd never been born (Job 3:11; Jer. 20:14-18). Our Apostle Paul "despaired even of life" at a low point in his ministry (2 Cor. 1:8).

Elijah wished he would die and the Lord would take his life and the ironic thing is that Elijah **never did die!**

He was taken to heaven in the whirlwind!





Elijah was sure that his courageous ministry on Mount Carmel would bring Israel to its knees and turn them to the Lord. His expectations weren't fulfilled so he considered himself a failure, and no better than those who went before him. So he was giving up.



This chapter shows how patiently God deals with us when we're low, and feel like giving up, and when we feel like a failure and can't do anything right.



When the heart is heavy, and the mind and body are weary, we don't think straight and sometimes the best remedy is sleep.

Just take a nap!



This isn't the only time the Lord cooks in Scripture.

He later also prepared a breakfast of bread and fish for Peter and 6 other of the disciples in John 21:9,13 after His resurrection.





The Lord wakes Elijah and tells him to “Arise and eat.” When Elijah looked around, he found the fresh bread and a jar full of water prepared for him. So he ate all the bread and downed the water and then he laid back down and went back to sleep.



After the second meal Elijah went 40 days and nights in the strength of that meal.

This was no 5-hour energy! This was 40-day energy!



The number 40 is prominent in Scripture.

It rained at the flood for 40 days and 40 nights.

Moses spent 40 days on Mt. Sinai receiving the Law.

The Lord spent 40 days in the wilderness when He was tempted.



And as Israel had wandered 40 years in the wilderness because of their lack of faith, so a discouraged Elijah spent 40 days in the desert, one day for every year the Israelites wandered in the same wilderness.



Arriving at Mount Sinai, Elijah lodged in a cave on the mount. This reminds us of Moses in the cleft of the rock on Mount Sinai.

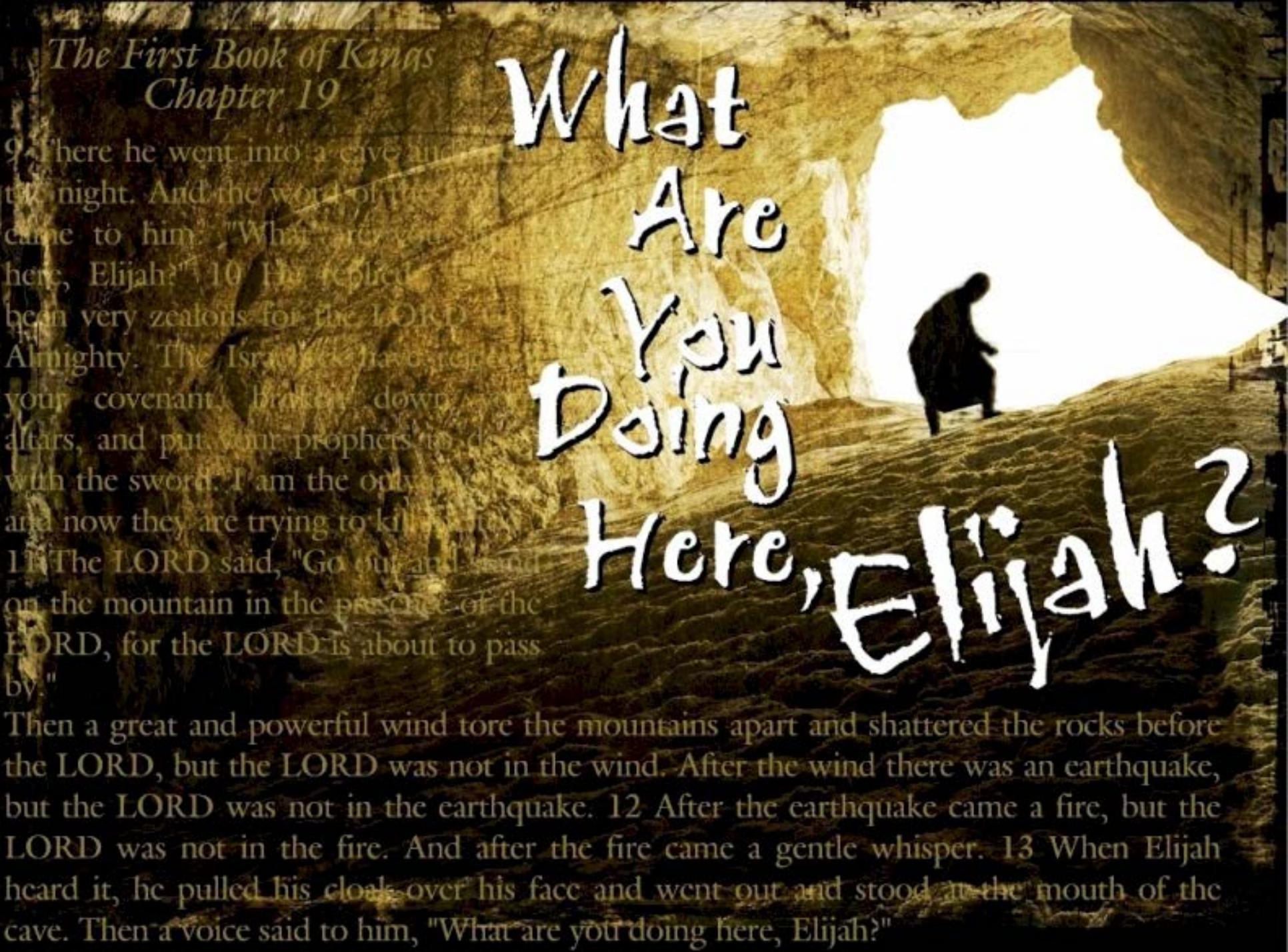
And as Moses had seen the afterglow of God's glory and presence, so Elijah experienced a manifestation of God also.

*The First Book of Kings  
Chapter 19*

9 There he went into a cave and hid for  
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  
the 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."  
11 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. 12 After the earthquake came a fire, but the  
LORD was not in the fire. And after the fire came a gentle whisper. 13 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?"

What  
Are  
You  
Doing  
Here, Elijah?





# What are you doing here?

When we get to low points in life we should put ourselves in this question by God, “What are you doing here?”

What is it that’s making me so down and depressed?

What has happened that I’ve allowed myself to get here and be so fearful and low?

What is keeping me from trusting the Lord that I allowed myself to get to this point?

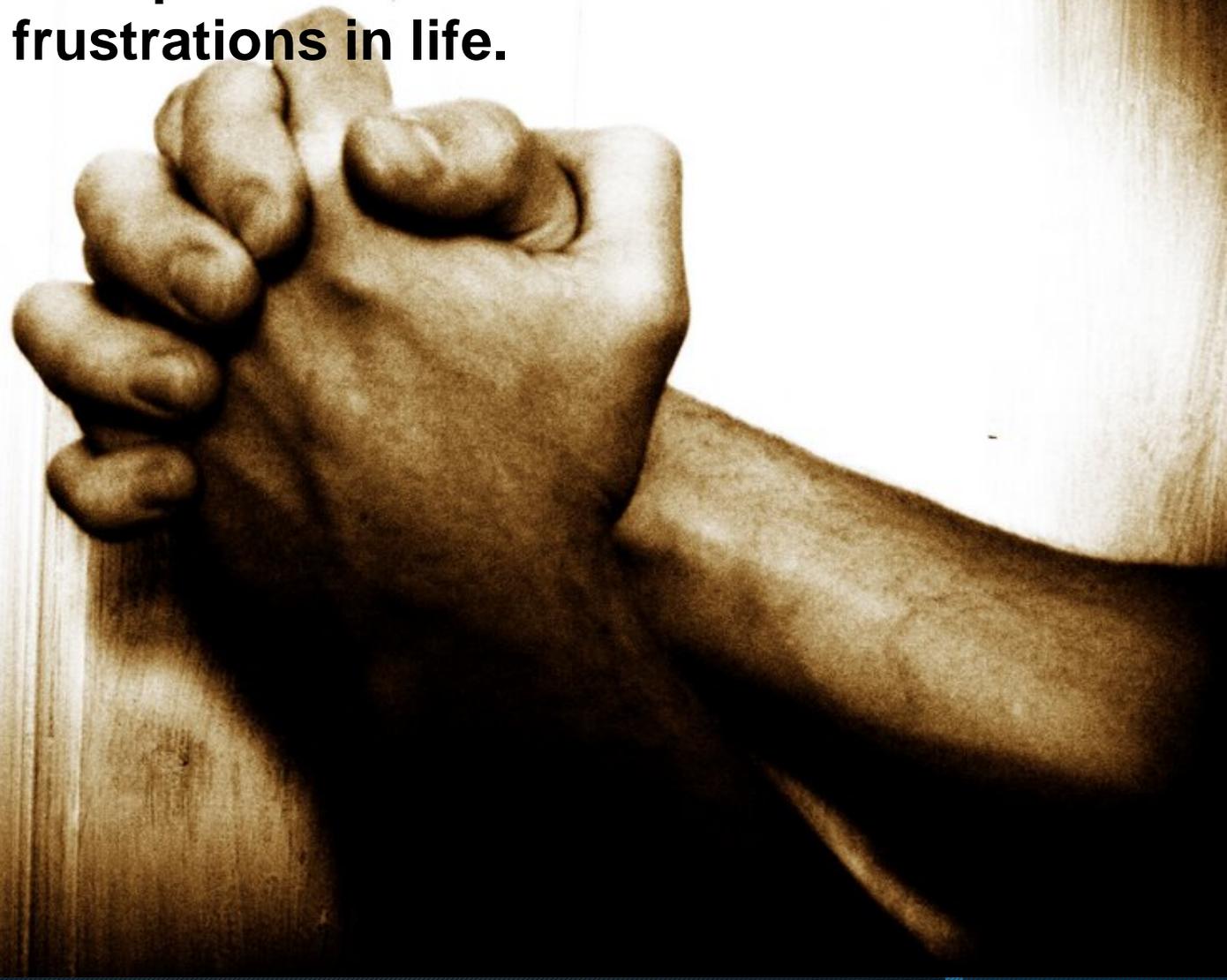
Elijah's answer: "I've been beating my head against the wall serving you Lord. And nobody's listening. Everything seems to be just falling apart around me. I'm all alone. I'm the only voice left for you God. The people of Israel have killed all Your prophets Lord. And I'm next! Now they're trying to kill me."

All he could see was negativity: a rejected covenant, broken altars, and dead prophets of the Lord.

A silhouette of a man holding a staff, standing in a beam of light, with the name 'ELIJAH' written in large, glowing letters below.

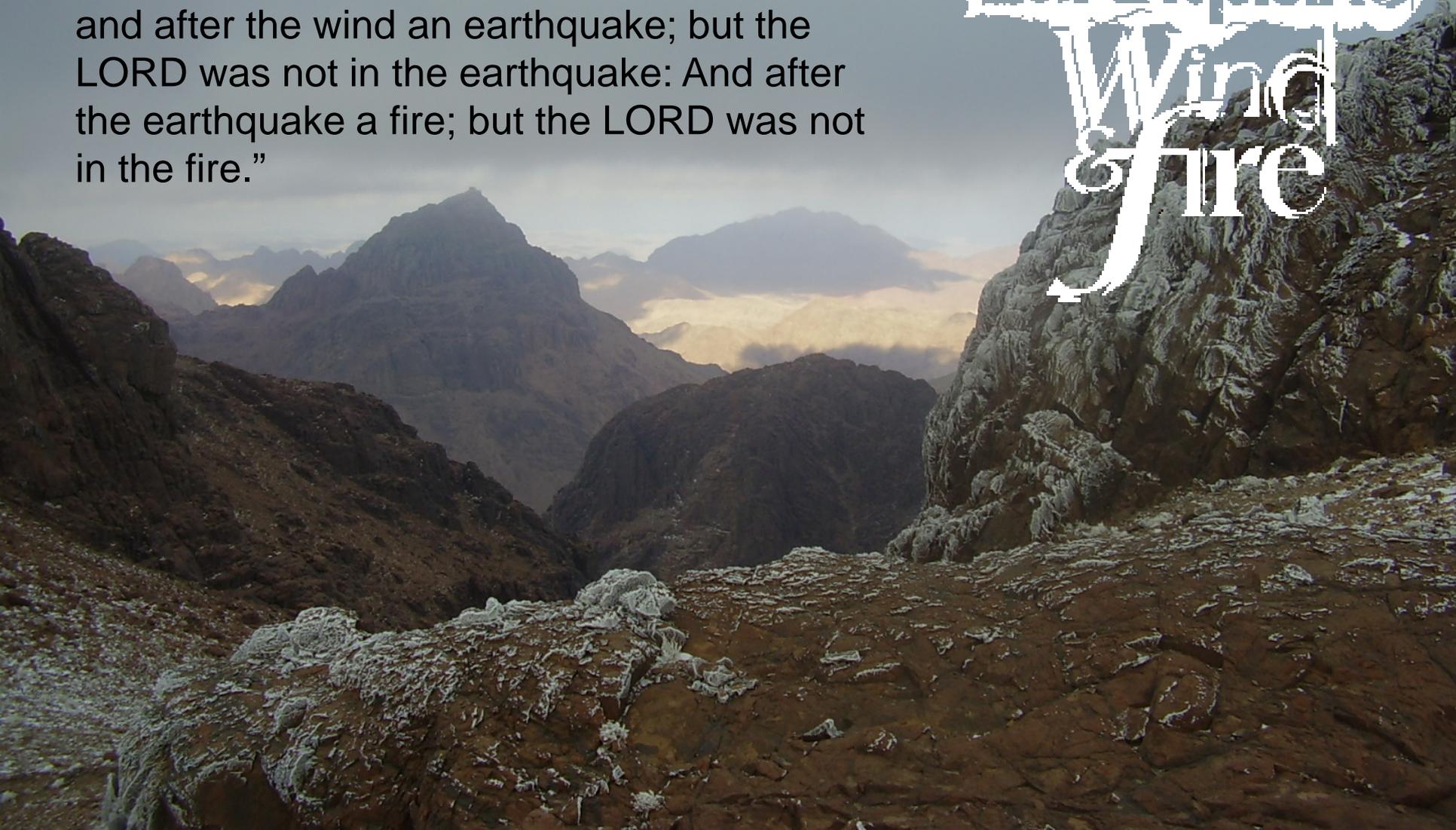
ELIJAH

**We should know that when we voice these kind of things to God in prayer, this is His response too, knowing that He's patient and kind with us as we voice our frustrations in life.**



“And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; but the LORD was not in the wind: and after the wind an earthquake; but the LORD was not in the earthquake: And after the earthquake a fire; but the LORD was not in the fire.”

# Elijah Earthquake Wind & Fire



And he said, "Go forth, and stand upon the mount before the LORD."

**And, behold, the LORD passed by,**

and a great and strong wind rent the mountains,  
and brake in pieces the rocks before the LORD;

but the LORD was not in the wind:

and after the wind an earthquake;

but the LORD was not in the earthquake:

And after the earthquake a fire;

but the LORD was not in the fire:

and after the fire

**a still small  
voice.**

- 1 Kings 19:11-12, KJV



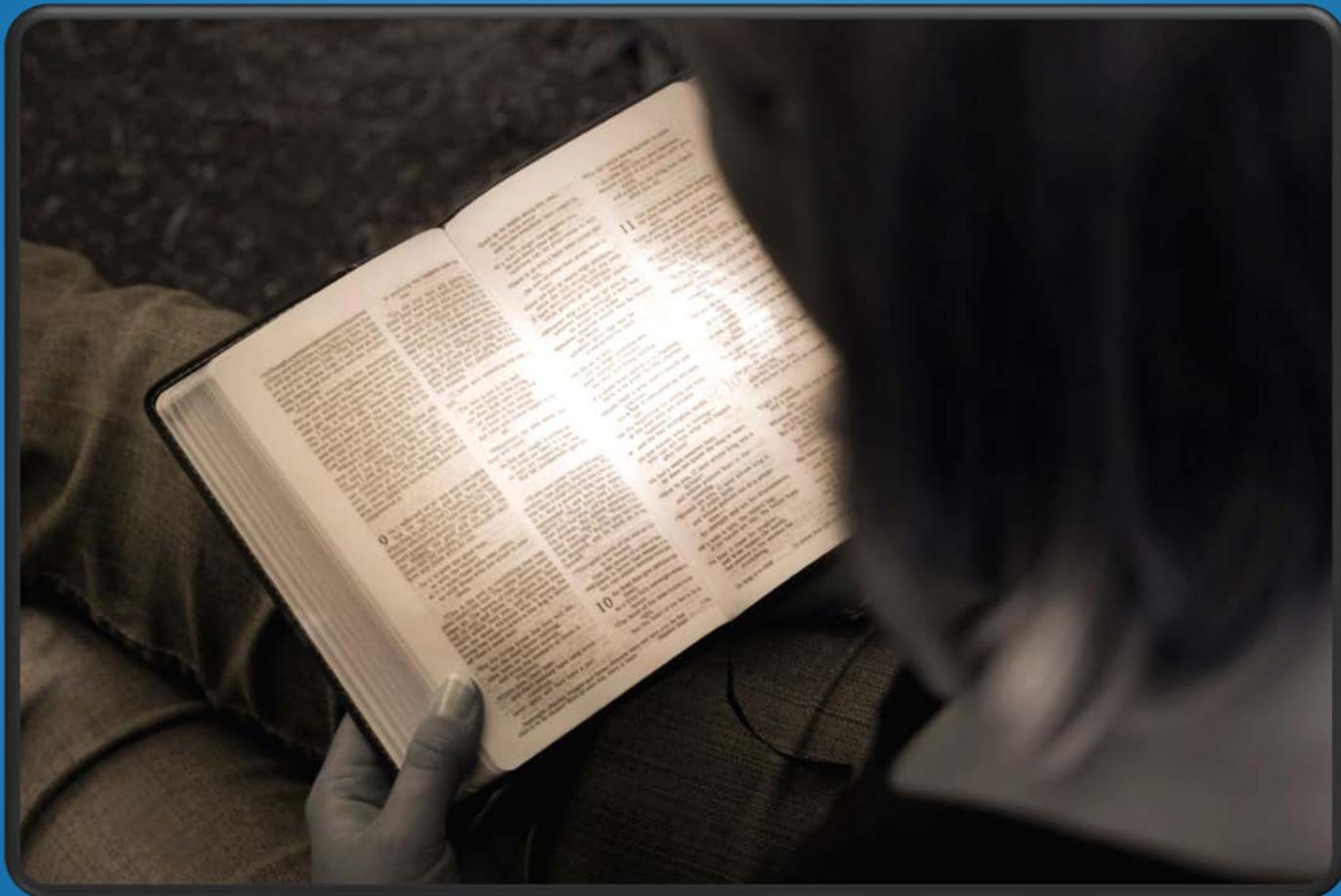
When the prophet heard that voice, he pulled his cloak over his face and went out and stood at the mouth of the cave.

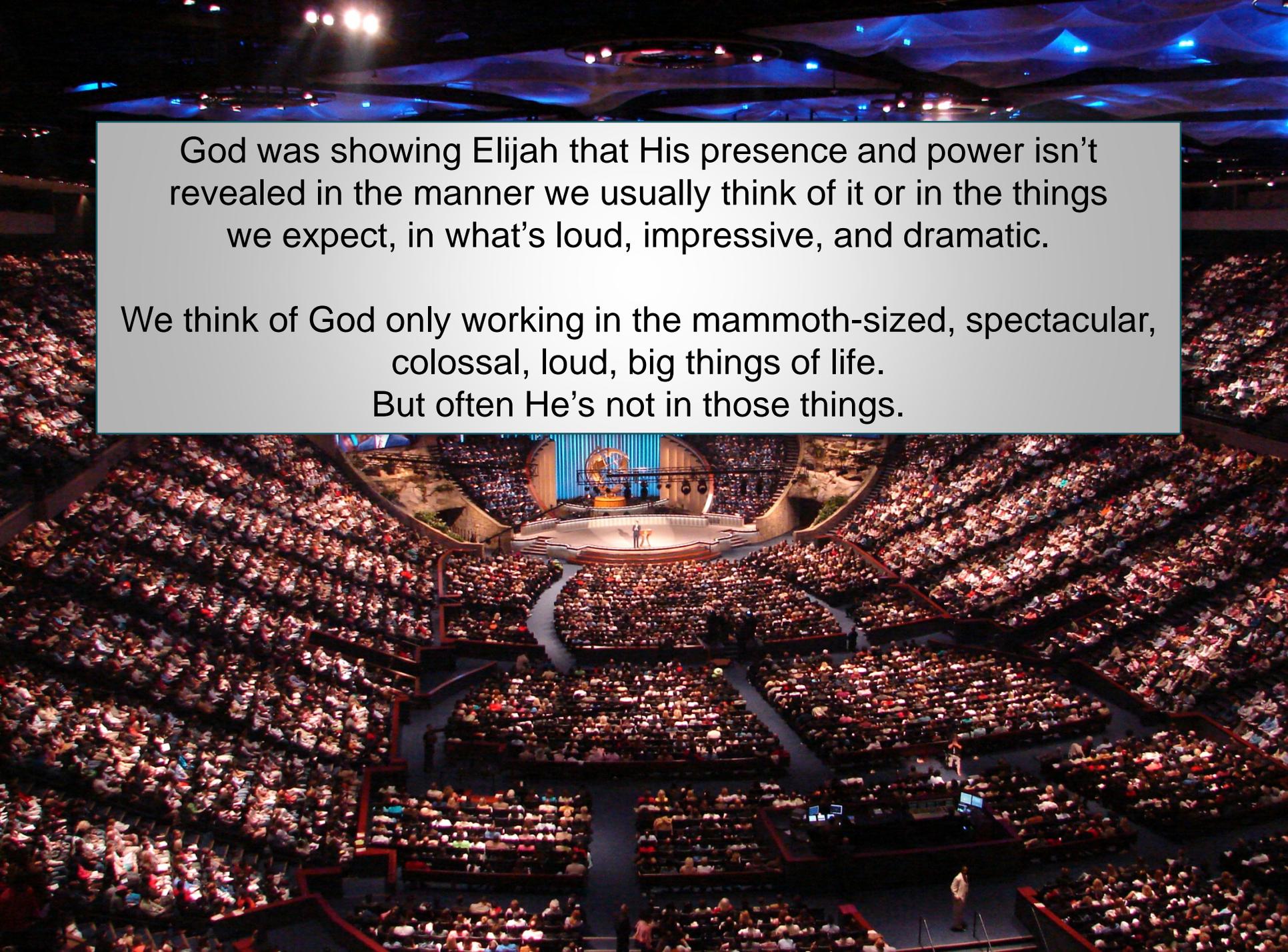
When he heard the still, small voice he recognized the voice of God. The quiet whisper of God was so holy that Elijah had to cover himself. It was so powerful that it's what drew him out of his cave.



We need to rediscover God through the pages of His Holy Word, where He speaks to us with a gentle and quiet voice, where God's power is revealed to us.

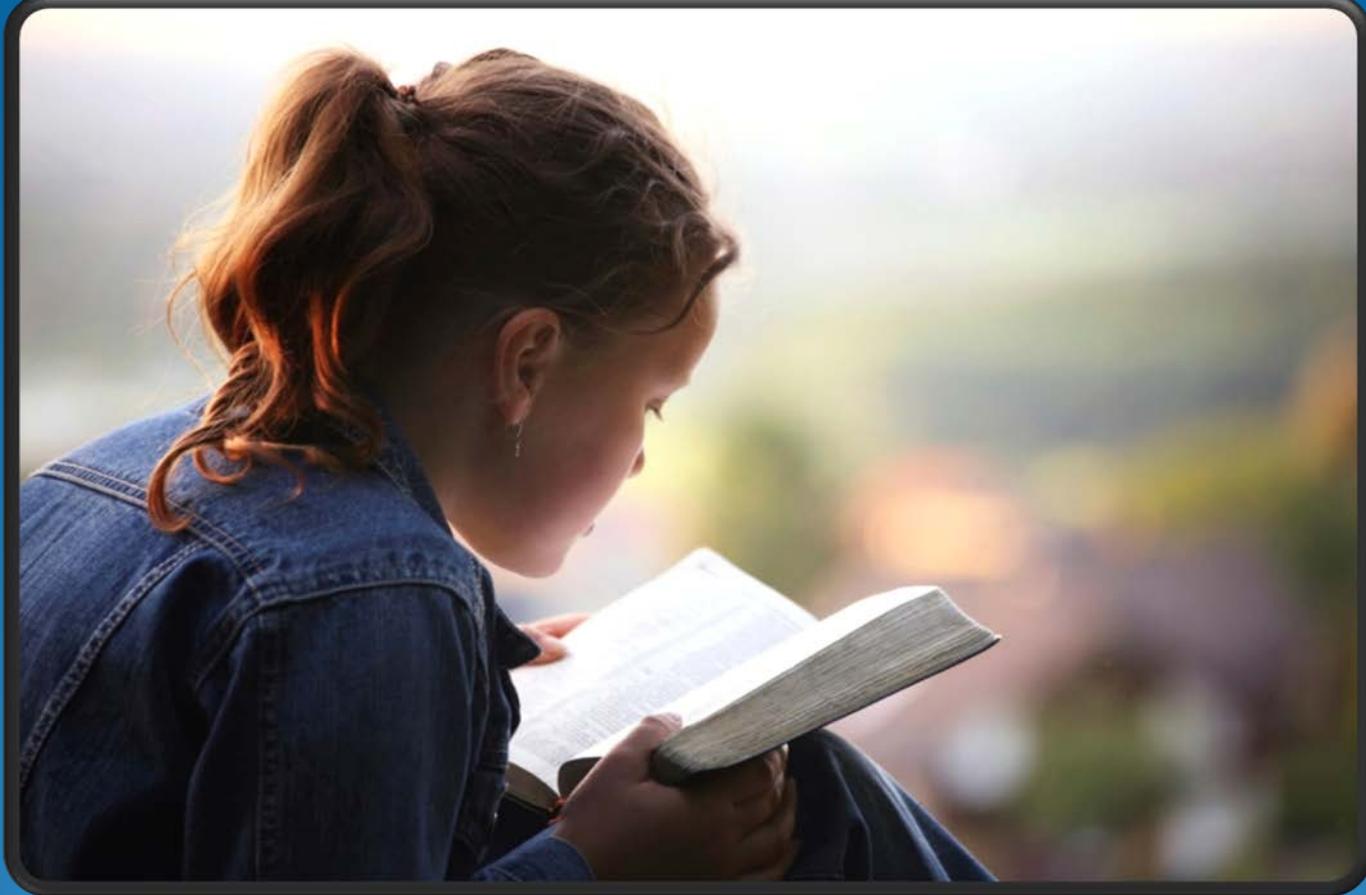
And it has the power to change our lives. It will draw us out of our caves of despair and self-pity and discouragement.





God was showing Elijah that His presence and power isn't revealed in the manner we usually think of it or in the things we expect, in what's loud, impressive, and dramatic.

We think of God only working in the mammoth-sized, spectacular, colossal, loud, big things of life.  
But often He's not in those things.



Almighty God does His work quietly, often imperceptibly. And God's greatest miracles are not in the big demonstrations of power and might but in and through humble, little things, in the small, quiet, everyday things of life, in the day-to-day miracle of your spiritual growth, in changing and transforming you by God's Word.

**J. Oswald Sanders: “The whispers of Calvary are infinitely more potent than the thunder of Sinai in bringing people to salvation.”**



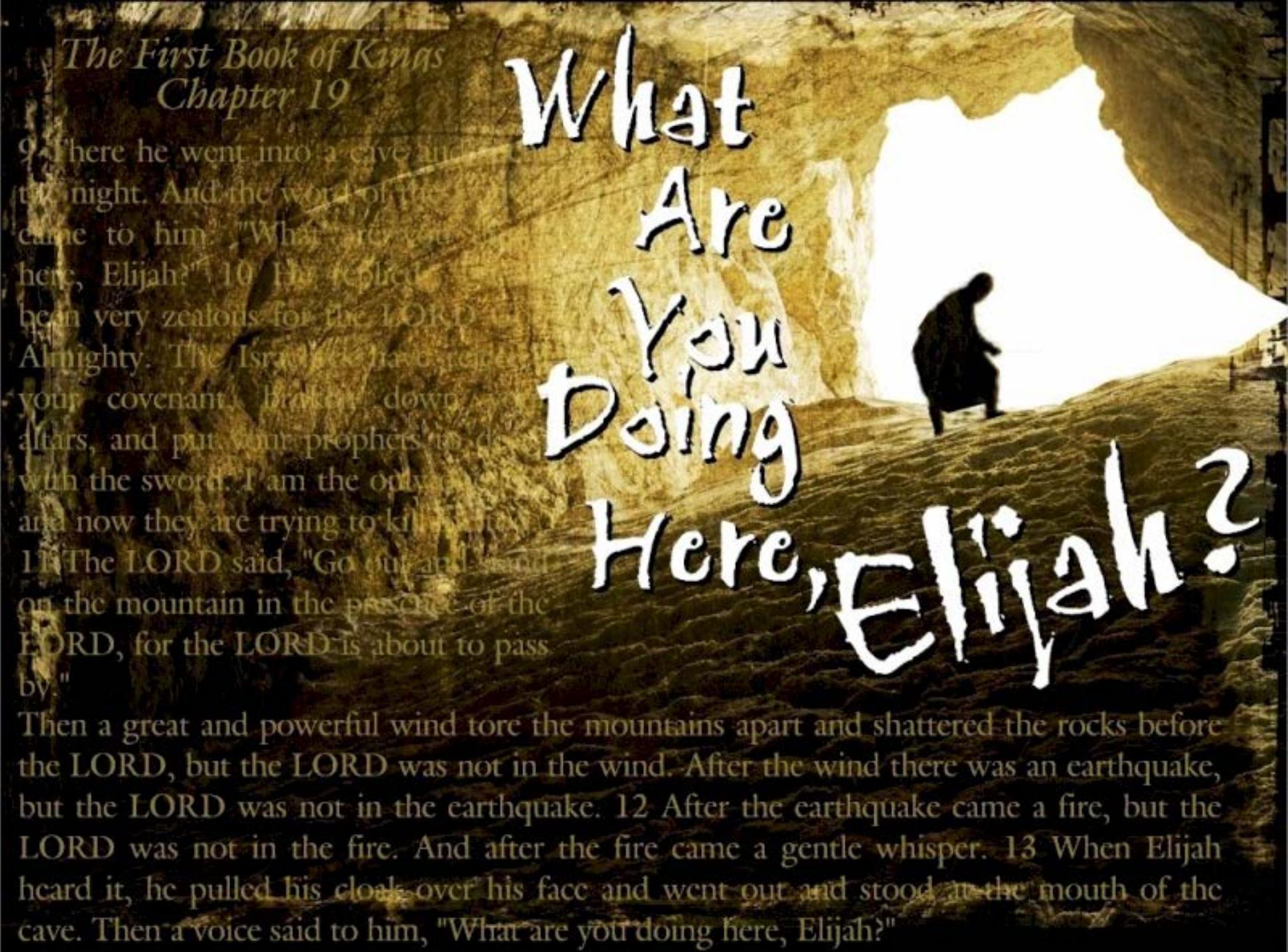
The question is not whether God is speaking, but whether we are being still enough, slowing down enough, and being quiet enough, to hear it and to listen.

We live in a world that is full of noise and clutter. God will speak to us by His Word if we will get alone with Him and tune the rest of the world and its voices out.



*The First Book of Kings  
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What  
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You  
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GO

DO SOMETHING!

God was calling Elijah to stop weeping over the past, to stop running away from the present. It was time for him to start preparing others for the future and for the work God would do through others. Life wasn't all about him. And Elijah wasn't expected to do it all.



PAST

NOW

FUTURE

And as far as this “I’m-all-alone” and “I’m a failure” stuff, God set the record straight. There were 7000 faithful people out there who had not bowed to Baal or kissed the idols of Baal in worship. Elijah was not alone. God had a whole battalion of servants.



**To summarize:** God's cure for the blues and how He reversed Elijah's emotional burnout was by:

1. Giving him needed rest and refreshment.
2. Giving him a fresh understanding of who God is and how He works.
3. Giving him something to do, to get his focus off himself and on others.
4. Giving him a close, genuine friend in Elisha.

