

“Don’t Let Depression Destroy You”

1 Kings 19:1-18

Series: Fear Less

Sunday, February 24, 2019

By David Ritsema

Fear can affect emotions—even for a man of strong faith—
oppression becomes depression that nearly destroyed
him...TITLE

- **Stats: Gallop 1/5** (2x every 20 yrs) workplace absenteeism
\$23 billion/yr
- **Quote: Malcom Bowden**, no “true Christian” will ever be
depressed (pride/ego/pity)
- **Quote: CH Spurgeon:** *“My spirits were sunken so low that I
could weep by the hour like a child, and yet I knew not what I
wept for.”*

1. Recognize the SYMPTOMS

1. *Emotions:* SCARED
2. *Social interaction:* ALONE/ISOLATED
Quote: Robin Williams, *“I used to think that the worst
thing in life was to end up alone. It’s not. The worst thing
in life is to end up with people who make you feel alone.”*
3. *Self-Talk:* SUICIDAL (**1800-273 TALK/8255**—Suicide
Prevention)

*If this is how you are going to treat me, please go ahead and
kill me . . .”* (Numbers 11:15a, NIV)

*Oh, that I might have my request, that God would grant what
I hope for, that God would be willing to crush me, to let loose
his hand and cut off my life!* (Job 6:8–9, NIV)

*The sun blazed on Jonah’s head so that he grew faint. He
wanted to die, and said, “It would be better for me to die than
to live.”* (Jonah 4:8b, NIV)

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2. Get HELP

1. Physically (Vulnerable . . . hangry) (Even Jesus rested
Mark 6:3) cylindrical jar--“pilgrims flask”
2. Psychologically (direction / counsel) him on what to do)
3. Spiritually (3 times)

3. Trust GOD *Sovereignty*

What He Thought vs. God’s Plan

1. He thought “I am running from GOD.”
He was running STRAIGHT to him
 2. He thought “JEZEBEL won.”
He was about to ANOINT her replacement
 3. He thought “I am ALONE.”
*God never LEFT him, had 7000 loyal prophets in hiding,
and a successor at HAND*
- **Quote: A. Lincoln**--friends kept knives and razors out of
reach, *“I am now the most miserable man living. Whether I
shall ever be better, I cannot tell.*