

Message Notes

July 11, 2021

Elijah
The Dark Times
1 Kings 19:1-9a
Steve Patzia

- Elijah was an _____ man with _____ faith.
- He also experienced _____ & _____. (Jms 5:17)

Facing Depression

Elijah was afraid & ran for his life. When He came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. 1 Kings 19:3-4a

- 1 Believing the _____ of _____ and _____. (Rom 5:5; 1 Jn 4:18)
 - 2 Through _____ and _____. (1 Kgs 19:5)
 - 3 Experiencing _____ or _____ over _____ expectations.
- Depression often _____ a " _____ " experience.
- 4 When we _____ ourselves from _____. (Jonah 4:3; Mt 26:75)
 - 5 When we give in to _____ - _____ & play the _____. (Jonah 4:9)

Help in Depression

All at once the angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. 1 Kings 19:5-6

- 1 _____ to get _____ & _____ refreshed. (Mt 11:28)
 - 2 _____ your _____ openly to _____ w/o _____.
 - 3 Speak the _____ of God's _____ to yourself. (Rom 8; Eph 1:3-2:10)
- This isn't _____ thinking but filling our _____ with _____.
- 4 Get _____ to others to help _____ your _____. (Gal 6:2)
 - 5 _____ moving _____! (1 Kgs 19:8; Heb 12:2)
- God is _____: the God who _____ you! (Gen 16:13; Heb 2:5-18; 4:14-16)