

# DEPRESSION & BURNOUT

## *Elijah, Part 4*

Pastor Ken Ritz \* October 13, 2013 \* New Life Vineyard Church

*Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 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." Elijah was afraid and ran for his life.* 1 Kings 19:1-3

### How To Get Depressed In 4 Easy Steps

- Wear Yourself Out.
- Shut People Out.
- Focus On The Negative.
- Forget God's Faithfulness.

*When he came to Beersheba in Judah, he left his servant there, 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." Then he lay down under the tree and fell asleep...* 1 Kings 19:3-5

### God's Prescription For Depression/Burnout

#### 1) \_\_\_\_\_ Your Body.

*All at once an angel touched him and said, "Get up and eat." 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.* 1 Kings 19:5,6

*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." 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.* 1 Kings 19:7-8

#### 2) \_\_\_\_\_ Your Lies With God's Truth.

*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?" 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 19:9-10

#### 3) \_\_\_\_\_ On God.

*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. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.* 1 Kings 19:11-12

#### 4) \_\_\_\_\_ Serving Others.

*The Lord said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet." 1 Kings 19:15-16*

*\*All scriptures from TNIV unless otherwise noted*