Lessons from Elijah

Elijah's Depression





The setting

- Mount Carmel is the highpoint for Elijah.
- Elijah is threatened by Jezebel
- Elijah runs out of Israel into Judah.

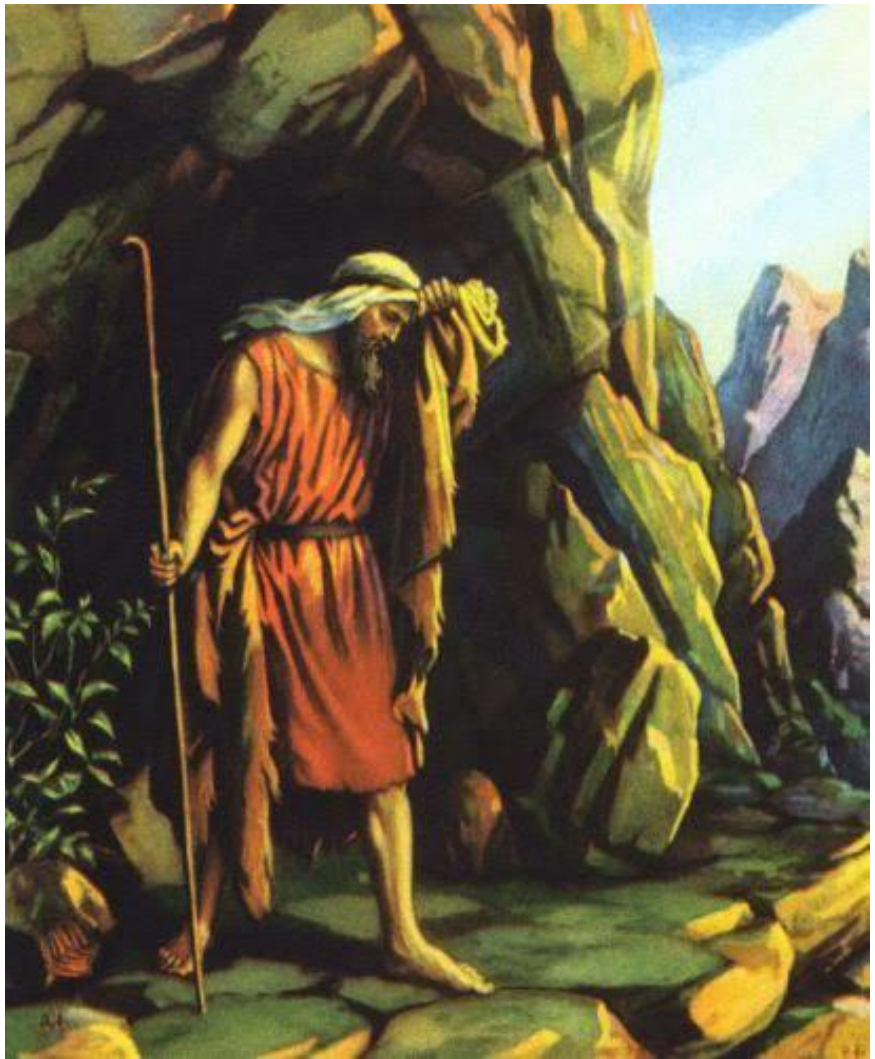


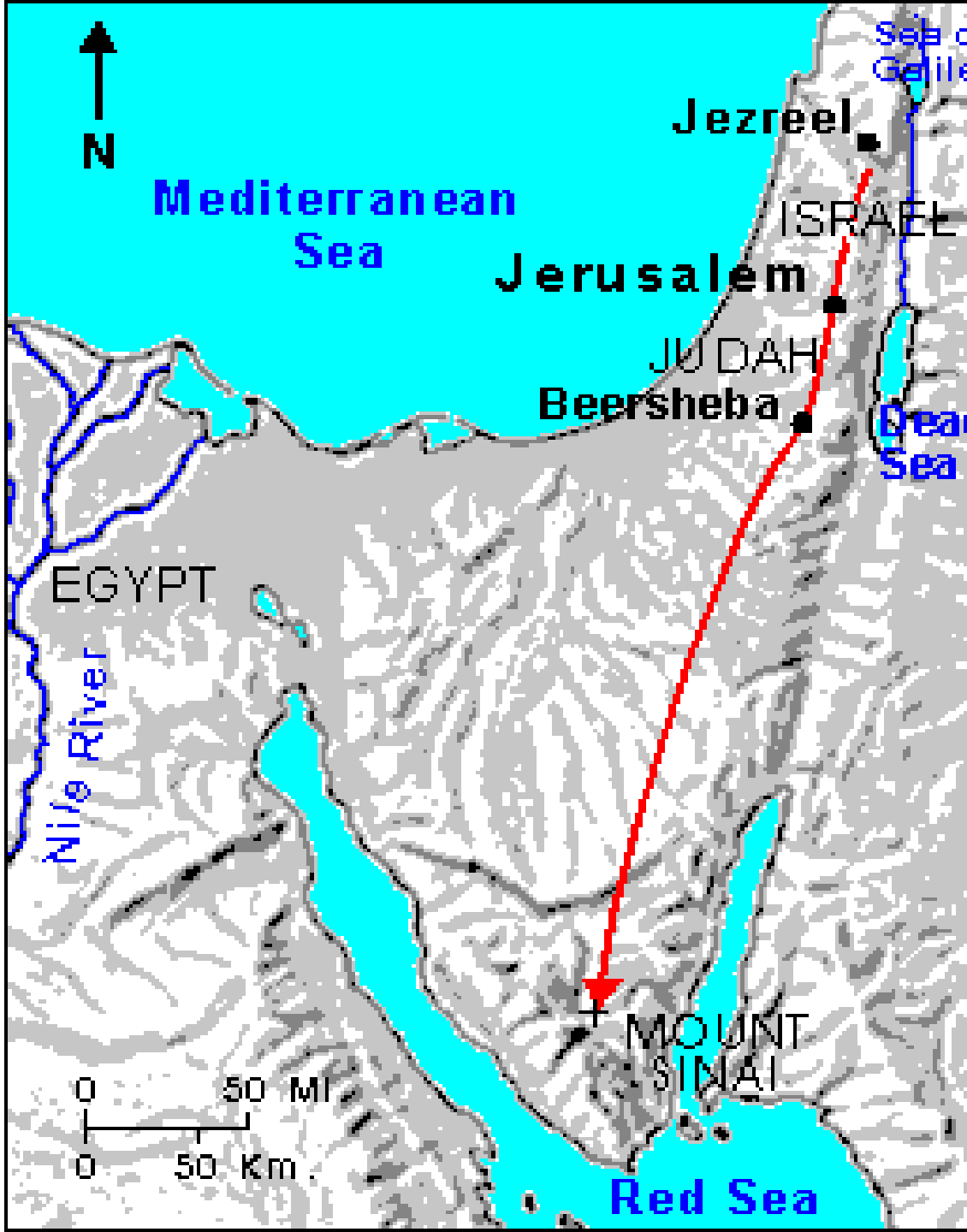
Classic Depression!

- He runs away
- He isolates himself.
- He is near suicidal
- He lays down and sleeps
- He can no longer see a bright future
- He feels alone



“The journey is too much for you”





Lessons from Elijah

- Even Spirit empowered ministry takes a toll.
- Depression is real even for people in the heart of God's will.
- God uses "flawed" people to do His work

