



God Speaks to Elijah

Session 3:

1 Kings 19:1-18 (On last page)

**In a
whisper!**
(Emphasis...vs. 9-18)

**“When E.F. Hutton speaks...people listen!”
T.V. Commercial**

Why do we respond and yield to such foolishness?

As a Christian...why should we believe that God still speaks today as He did in the days of Adam....Noah...David...Elijah?

Has God spoken to you? Do you know it is God? Do you expect it is God? Do you feel that God has contact with you in this world we live in?

How many of you know that God has intervened in the circumstances of your life?

Did you fear Him...have greater faith in Him...or count it as circumstantial and happenstance?

When Ahab returned to Jezreel and told Jezebel what had happened on Mt. Carmel, she flew into a rage and sent a messenger to Elijah...proclaiming him as dead as her prophets.

Elijah had just encountered God in all His glory on Mount Carmel...and God perfected His work through His servant Elijah.

Despite God’s recent demonstrations of power, Elijah fled in fear and headed toward another mountain—Mount Horeb (Mount Sinai).

What happened between chapter 18...last verse and the 3rd verse of the 19th chapter?

What did Jezebel have over Elijah that all the other prophets and her husband, Ahab, did not have?

What made Elijah go from a champion of the faith to the appearance of a frail weakling of fear and a despondent prophet with a severe lack of confidence in His God?

At Mt. Sinai long ago, God’s voice had thundered as He spoke to Moses, and the people had trembled. This time Elijah heard God, but not in the sound of the wind, the power of an earthquake, or the crackling of the fire. On this day...Elijah heard God whisper.

The all-powerful God gently asked Elijah why he was hiding in a cave....

Elijah answered that he was the last faithful voice for God and he was hiding from those who wanted to kill him also.

God assured Elijah that there were 7,000 people in the northern kingdom who were still faithful to God...and that He was still in control of the nations, and that He had work for Elijah to do.

Some things we can learn from this lesson..

- **Even the best of God's servants can become weak and discouraged.**
- God provides guidance for those who are going through depression.
- **Don't allow anything in your life that will disturb God's still small voice** from getting your attention.
- **Live a pure and wholesome life so that you will hear God's** voice because it is that voice that will make your ministry fruitful.
- **God is with you...even when you fear Satan's wrath on you.**
- **God is a loving, patient, gracious and a provisional God...who is faithful to** those who are faithful to Him.
- God lifts up and restores those who are righteous and who keep His commands.
- **Even if we are not faithful...God's plans, provisions, and promises will be fulfilled. If we don't do our part...He will provide someone else to do the job....**
- **God's voice (His still small voice) can encourage, can instruct, can** rebuke, and sometimes discipline.
- The formula that never fails is do your very best, and then trust it all to God.

The message of every page of the Word of God is:

1. TRUST IN GOD IN THE OLD TESTAMENT
- 2. HAVE FAITH IN GOD'S ONLY BEGOTTEN SON IN THE**
NEW TESTAMENT.

THREE (3) GOOD LESSONS FOR YOU AND ME IN THE LIFE OF ELIJAH:

1. We are never closer to apparent defeat than in our moments of greatest victory.
2. We are never as alone as we may feel; God is always there.
3. God speaks more frequently in persistent whispers in our Spirit man than in shouts.

Note: This lesson provides guidance for those who are going through depression.

What is depression? It is an emotional state that leads to discouragement, negative self-worth, hopelessness.

Two types of depression:

1. Situational—triggered by circumstances and the way we interpret their effect on our lives.
2. Clinical—triggered by hormonal imbalance, brain dysfunction or other purely medical conditions.

This lesson: Situational depression...experienced by almost all people at some time or another.

Christians are not immune to depression.

Who are some people of the Bible who experienced depression?

Job, David (when chased by Saul), Gideon (when oppressed by the Midianites), Jonah under the fig tree, Jeremiah (over the sins of Israel).

We see many faithful people dealing with periods of depression.

Each of these overcame the depression, and each victory was obtained the same way.

LEARNING TO TRUST GOD IN EVERY CIRCUMSTANCE...OUR FAITH NOT BASED ON EXPERIENCES...BUT OUR EXPERIENCES ARE BASED ON OUR FAITH. TRUSTING....NO MATTER WHAT THE CIRCUMSTANCE.

What are some circumstances that can trigger depression?

Depression is caused by interpretation of circumstances, not by the circumstances themselves.

When we look to God and the power of the Holy Spirit, we can change the way we interpret those circumstances and move our focus off of the circumstances that would defeat us, to God who is our only true source of delivery.

Question: Why should Elijah be afraid of Jezebel? Remember, it is not the circumstances that create depression, it is the interpretation of those circumstances.

Some self-**destructive ways Elijah responded to the news about Jezebel's statement:**

1. He was afraid
2. He ran
3. He isolated himself
4. He wallowed in self-pity, lack of self-worth, lack of usefulness

The typical cycle of depression. Sin leads to anxiety, leads to depression, despair, and breakdown (Hindson/Byrd)

Our interpretation of a circumstance....It is a sinful one!

Interpretation that is selfish, self-centered, and not focused on God.

Rather than placing His confidence in God to protect him, Elijah relied on his inability **to defend himself against the power of Jezebel (Jezebel's spirit).**

By personalizing the circumstances, Elijah had produced a no-win situation, because by himself he could never overcome Jezebel. By relying upon his own abilities, his situation was hopeless.

God intervened in Elijah's situation, and in doing so we see how depression is overcome.

Elijah fell asleep (most of the people in depression do this a lot)

Three things happened:

1. Elijah was approached by an angel, a messenger from God,
2. Elijah was fed, and
3. Elijah was given a specific, meaningful task.

WE NEED TO STOP LOOKING FOR SIGNS...AND START LISTENING TO GOD'S VOICE.

What are some of the ways we can overcome depression?

Don't feel guilty for depressed feelings. You are in good company.

Believe that God is greater than your problem.

Turn all those problems over to Him in prayer, admitting that you are not the one to solve them.

Believe that God has a purpose for your difficult circumstances.

Realize that depression feeds on self-pity which must be confessed and forsaken as sin.

Realize that you cannot always have your own way.

Realize that you are not responsible for everything that happens around you. Actually, you are personally responsible for very little.

Acknowledge that you have no valid excuse for staying depressed.

Get up, Get out, face reality.

Avoid major stress. If there are stressors that you know that you have difficulty with, do not give them authority over you. Recognize them as beyond your ability to handle, and give them to God.

Get exercise, eat right, take care of your body: It is the temple through which the Holy Spirit reveals Himself to you.

Confess and forsake sinful actions and sinful thinking.

Get your priorities in proper order.

Get involved with the needs of somebody else.

ACKNOWLEDGMENT: INFORMATION ABOVE (Some ways we can overcome depression, this page) PROVIDED BY J.W. CARTER
<http://www.biblicaltheology.com>

“I Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ² 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.” ³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day’s journey into the wilderness. He came to a broom bush, 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.” ⁵ Then he lay down under the bush and fell asleep. All at once an angel touched him and said, “Get up and eat.” ⁶ 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. ⁷ 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.” ⁸ 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. ⁹ 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?” ¹⁰ He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn 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.” 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?” ¹⁴ He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn 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.” ¹⁵ 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. ¹⁶ Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. ¹⁷ Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. ¹⁸ Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him.”