

Walking With God Through Despondency

1 Kings 19:1-18

1. Elijah was a human being just like us.

1 Kings 19:1–3

[1] Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. [2] Then Jezebel sent a messenger to Elijah, saying, “So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow.” [3] Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

“Elijah SAW that in spite of the Carmel
Apologetic nothing was going to change in
Israel.”

- Dale Ralph Davis

1. Elijah was a human being just like us.
 - a) Elijah was fearful. (v.3)
 - b) Elijah experienced a great disappointment.
(v.3-4)

1 Kings 19:4-8

[4] But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O LORD, take away my life, for I am no better than my fathers." [5] And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, "Arise and eat." [6] And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again.

1 Kings 19:4-8

[7] And the angel of the LORD came again a second time and touched him and said, “Arise and eat, for the journey is too great for you.” [8] And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

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b) Elijah experienced a great disappointment.
(v.3-4)

c) Elijah felt like a failure. (v.4)

Numbers 11:14-15

[14] I am not able to carry all this people alone; the burden is too heavy for me.

[15] If you will treat me like this, kill me at once, if I find favor in your sight, that I may not see my wretchedness.

Jonah 4:1-3

[1] But it displeased Jonah exceedingly, and he was angry. [2] And he prayed to the LORD and said, “O LORD, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that you are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster. [3] Therefore now, O LORD, please take my life from me, for it is better for me to die than to live.”

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 - e) Elijah needed nourishment and refreshment
(v.6-8)

2. We worship a God just like Elijah's
 - a) God provides physically and spiritually (v.5-8)

“Elijah needed some special instruction from the Lord, but again, he first needed physical strength through nourishment. He was in no condition to listen or take in the Word of God. Twice he is told to eat and drink, and twice he is allowed to sleep. Again we are reminded that as human beings, we were designed to function in all aspects of our being--body, soul, and spirit.”

-J Hampton Keathley III

1 Kings 19:9-18

[9] There he came to a cave and lodged in it. And behold, the word of the LORD came to him, and he said to him, “What are you doing here, Elijah?” [10] He said, “I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.”

1 Kings 19:9-18

[11] And he said, “Go out and stand on the mount before the LORD.” And behold, the LORD passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the LORD, but the LORD was not in the wind. And after the wind an earthquake, but the LORD was not in the earthquake.

[12] And after the earthquake a fire, but the LORD was not in the fire. And after the fire the sound of a low whisper.

1 Kings 19:9-18

[13] And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, “What are you doing here, Elijah?” [14] He said, “I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.”

1 Kings 19:9-18

[15] And the LORD said to him, "Go, return on your way to the wilderness of Damascus. And when you arrive, you shall anoint Hazael to be king over Syria. [16] And Jehu the son of Nimshi you shall anoint to be king over Israel, and Elisha the son of Shaphat of Abel-meholah you shall anoint to be prophet in your place. [17] And the one who escapes from the sword of Hazael shall Jehu put to death, and the one who escapes from the sword of Jehu shall Elisha put to death.

1 Kings 19:9-18

[18] Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.”

“...a question of tender kindness, to relieve the full, burdened heart of the prophet, that he, to whom the great privilege of being able to complain of his sorrow had so long been denied, might be moved to reveal his desire, to pour out his whole heart before the Lord.”

- Menken

2. We worship a God just like Elijah's.
 - a) God provides physically and spiritually (v.5-8).
 - b) God invites us to talk to Him (v.9-10, 13-14).

1 Kings 19:10

[10] He said, “I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.”

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 - a) Elijah was fearful. (v.3)
 - b) Elijah experienced a great disappointment. (v.3-4)
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 - d) Elijah was fatigued (v.5)
 - e) Elijah needed nourishment and refreshment (v.6-8)
 - f) Elijah was alone. (v.10)

“Regardless of the meaning of the natural wonders, however, it is God’s word alone that will heal the prophet in this moment of crisis.”

- Paul House

2. We worship a God just like Elijah's.
 - a) God provides physically and spiritually (v.5-8).
 - b) God invites us to talk to Him (v.9-10, 13-14).
 - c) God *sometimes* works in quietness and gentleness (v.12)
 - d) God speaks to us ultimately through His Word. (v.12)

“[God] does not condemn Elijah but confirms his diagnosis!”

- Dale Ralph Davis

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 - d) God speaks to us ultimately through His Word. (v.12)
 - e) God will fulfill His purposes. (v.15-17)

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3. We can walk with God through despondency by:

- a) Remembering God's blessings. (v.5-8)
- b) Remembering to rest. (v.5-6)
- c) Remembering our mission. (v.15-17)
- d) Remembering that we are not alone. (v.18)
- e) Remembering our Savior. (Isaiah 53 & Hebrews 4:15)

“Jesus lost all his glory so that we could be clothed in it. He was shut out so we could get access. He was bound, nailed, so that we could be free. He was cast out so we could approach. And Jesus took away the only kind of suffering that can really destroy you: that is being cast away from God. He took that so that now all suffering that comes into your life will only make you great.” – Timothy Keller