



# **THE CHRISTIAN AND MENTAL HEALTH PART 3**

**A PASTORAL PERSPECTIVE**  
**Running On Empty**  
**1 Kings 19:1-22**





# 10 REASONS YOU RUN OUT OF GAS

- Not starting out with a full tank.
- Being too busy
- Unaware of hidden leaks
- Ignoring the owner's manual
- Hurry
- Being distracted
- Being overloaded
- Pressure to do it now!
- Pride:
- No margin:



A photograph of a cave interior. The cave walls are dark, rugged, and covered in moss or lichen. The floor is covered in rocks and debris. A bright light source is visible through an opening in the distance, creating a strong contrast with the dark interior. The text "All of these have parallels to our lives." is overlaid on the image, with the word "parallels" highlighted in yellow.

All of these have parallels to our lives.



# THE GOOD NEWS!!!

*‘God is calling you out of your cave of despair and into His healing presence where you will find **REST & REFRESHMENT**, God will **REIGNITE** your purpose, **RESTORE** your spiritual passion and **REESTABLISH** godly relationships.’*



# WHAT DEPLETED ELIJAH'S TANK?

He Was Depleted by VICTORY (19:1)

*The most vulnerable point in our life is right after we've experienced a mighty victory.*



# WHAT DEPLETED ELIJAH'S TANK?

He was disconcerted by FEAR ( 19:2-3a)

His focus shifted from God to the problem.



The background of the image is a photograph of a cave's interior. The cave walls are dark, rugged, and covered in patches of moss or lichen. The floor is uneven, composed of dirt and numerous rocks of various sizes. In the upper right portion of the image, there is a large, irregular opening in the cave wall, through which bright, natural light is streaming, creating a strong contrast with the dark interior. The overall atmosphere is one of mystery and isolation.

1 Peter 5:8

*“Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”*



# WHAT DEPLETED ELIJAH'S TANK?

He was *disabled by isolation* (3b-4a).

One of the great dangers of depression is its tendency to turn one inward.



# WHAT DEPLETED ELIJAH'S TANK?

He was devastated by self-pity (4b).

Elijah had completely forgotten that God's presence was with him



# STEPS TO FILLING YOUR TANK

## REST & REFRESHMENT: 5-8a

the most important medicine Elijah needed was  
rest.





Psalm 139:7-10:

*“Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.”*



# STEPS TO FILLING YOUR TANK

## REDISCOVER God's Presence (8b-13)

Hearing God's whisper reminded Elijah that God was still in control of all the circumstances.



# STEPS TO FILLING YOUR TANK

## REIGNITING YOUR PURPOSE TO SERVE OTHERS(14-18)

If you want to increase your emotional energy,  
then take your eyes off yourself and your  
problems and develop an “others orientation.”



# STEPS TO FILLING YOUR TANK

## **REESTABLISH** RELATIONSHIP (19-21)

Elijah needed some close relationships with others, so God provided a friend for him.



## 2 QUESTIONS

HOW LONG WILL YOU WAVER?

*Move away from apathy and follow Christ!*

WHAT ARE YOU DOING HERE?

*come out of your cave and into God's  
presence.*