

Message Notes

“The Way Back – Part 1”

1 Kings 19:4-5 (ESV)

February 26, 2017

A Significant Situation Addressed

◆ Affliction Detailed in Society

◆ Individually

“It was horror and hell. I was at the bottom of the deepest pit there ever was. I was worthless and unforgivable. I was as good as – no, worse than – dead.”

(Quoted by Joseph Altrocchi in *Abnormal Behaviors*, 1980)

◆ Feelings

◆ Behaviors

◆ Nationally

“Depression affects 1 in 10 Americans; most prevalent in people aged 45 to 64; women 70% more likely to be troubled; 11% of adolescents have depressive disorder before age 18; 16 million adults had major episode in 2012; 14% of new mothers afflicted in first 6 weeks post-partum; annual cost estimated at \$80 billion in healthcare and lost productivity.” (Healthline Newsletter)

“The prevalent view is that depression is by definition a state to be avoided at all cost; that it is caused by something bad outside of us or by chemical aberrations inside us; that by understanding these causes, we can conquer them; that a professional therapist is essential; and that by a variety of methods, we can be victorious over depression and achieve a state of pleasure.” (Dr. Gary Almy)

◆ Affliction Described in Scripture

◆ Likely with Elijah

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.” And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, “Arise and eat.” (1 Kings 19:4-5)

◆ The Context

◆ The Condition

◆ Likewise Elsewhere

Genesis 4:6-7; 30:1; Ruth 1:11-13; 1 Samuel 18:8-9; Nehemiah 1:4; 2:1; Psalm 32:3-4; Psalm 119:28, 67, 81-82, 147-148; Matthew 27:3-5; 2 Corinthians 1:3-4, 8-10

“What we describe as depression is truly a kind of suffering. Few would argue this. From the world's viewpoint, all suffering is inappropriate, unjustified, unacceptable and to be avoided. From the viewpoint of Scripture, suffering has both meaning and purpose.” (Dr. Gary Almay)

And if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him. For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. (Romans 8:17-18)

- ◆ **Avenues for Depressive Symptoms (Elijah’s Example)**
 - ◆ **Following High Achievement**
 - ◆ **Following High Adrenaline**
 - ◆ **Following High Activity**
 - ◆ **Following High Anticipation**
 - ◆ **Following Heightened Anger**

Some Significant Steps Advised

- ◆ **Have Grounded Expectations**

“When we focus on our expectations and make the results we want the source of our happiness, security or significance, we end up in the Elijah syndrome – fearful, ready to run away and engulfed in feelings of failure and depression or fear and frustration.” (J. Hampton Keathley)
- ◆ **Keep a Godly Focus**
 - ◆ **Led By Biblical Truth**

Our God is in the heavens; he does all that he pleases. (Psalm 115:3)

For we walk by faith, not by sight. (2 Corinthians 5:7)
 - ◆ **Learning from Abraham’s Example (Romans 4:17-21)**
 - ◆ **In Awe of God’s Person**
 - ◆ **Aware of His Problem**
 - ◆ **Affirming God’s Promise**
 - ◆ **Acting on Principle (“... looking to Jesus.” Hebrews 12:2)**
- ◆ **Embrace Wise Strategies**
 - ◆ **Reflecting Great Trust**
 - ◆ **Reflecting Good Judgment**

*What about our expectations?
Have they become demands God must meet
for our happiness and security?
What about our focus?
Is it on the Lord, on His person, His sovereignty, wisdom, etc.?
What about our strategies?
Are we trying to meet our needs and wants by our own solutions
according to our own timing rather than by God’s?*

(J. Hampton Keathley)