

1 Kings Chapter 19 1 And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword. 2 Then **Jezebel** sent a messenger unto Elijah, saying, **So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time.** 3 And when he saw *that*, he arose, and went for his life, and came to Beersheba, which *belongeth* to Judah, and **left his servant there.** 4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, **It is enough; now, O LORD, take away my life; for I am not better than my fathers.** 5 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, **Arise and eat.** 6 And he looked, and, behold, *there was* a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again. 7 And **the angel of the LORD came again the second time**, and touched him, and said, **Arise and eat;** because the journey *is* too great for thee. 8 And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto **Horeb the mount of God.** 9 And he came thither unto a cave, and lodged there; and, behold, the word of the LORD *came* to him, and he said unto him, **What doest thou here, Elijah?** 10 And he said, I have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, *even* I only, am left; and they seek my life, to take it away. 11 And he said, **Go forth, and stand upon the mount before the LORD.** And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake 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 a still small voice.** 13 And it was *so*, when Elijah heard *it*, that he wrapped his face in his mantle, and went out, and stood in the entering in of the cave. And, behold, *there came* a voice unto him, and said, **What doest thou here, Elijah?** 14 And he said, I have been very jealous for the LORD God of hosts: because the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, *even* I only, am left; and they seek my life, to take it away. 15 And the LORD said unto him, Go, **return** on thy way to the wilderness of Damascus: and when thou comest, **anoint Hazael** to be king over **Syria:** 16 And **Jehu** the son of Nimshi shalt thou anoint to be king over **Israel:** and **Elisha** the son of Shaphat of Abelmeholah shalt thou anoint to be **prophet in thy room.** 17 And it shall come to pass, *that* him that escapeth the sword of Hazael shall Jehu slay: and him that escapeth from the sword of Jehu shall Elisha slay. 18 Yet I have left *me* seven thousand in Israel, all the knees which have not bowed unto Baal, and every mouth which hath not kissed him. 19 So he departed thence...

When It Is Enough – 1 Kings 19

1. BEST DAYS EVER!!! 1 Kings 18
 - a. Elijah on Mount Carmel – 1 Kings 18:16-28
 - b. Faith is the Victory – 1 Kings 18:29-39
 - c. No More Bad Guys – 1 Kings 18:40
2. It All Started with “She Said” 1 Kings 19
 - a. Elijah was the Great Outdoor’s Man – 1 Kings 17
 - b. 17 mile foxtrot was quicker than chariot – 1 Kings 18:41-46
 - c. It Rained as He Ran on Monday – 1 Kings 18:45
 - d. Jezebel called for a “Hit” on Elijah – 1 Kings 19:1, 2
 - e. Elijah trudges 125 miles and collapses 1 Kings 19:3, 4
3. The Lord’s Counseling Recovery 1 Kings 19
 - a. Christ makes 2 squares a day - 1 Kings 19:5-7
 - b. Walk that Downtown Frown away - 1 Kings 19:8
 - c. It’s Time for Counselor’s Couch - 1 Kings 19:9-14
 - d. FUTURE ideas - 1 Kings 19:15-19

Webster’s DEPRESSION: “Condition of being depressed”

Rely on God’s Word for Definitions

Affected vs Action

“I will never call something a sin when the medical question is clearly medical or even unknown. I will never call something a disease that the Bible calls it a sin.”

Famous Sufferers of Depression:

David, Elijah, Paul, Jesus, US.

Separate the injury and the pain *from* perpetuating the retaliation reaction. Pain hurts; but don’t kick the dog.

DO a Bible word study on PAIN, Joy, TRIALS, Rejoicing.

2 Corinthians 1:3 Blessed *be* God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; 4 Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God. 5 For as the sufferings of Christ abound in us, so our consolation also aboundeth by Christ. 6 And whether we be afflicted, *it is* for your consolation and salvation, which is effectual in the enduring of the same sufferings which we also suffer: or whether we be comforted, *it is* for your consolation and salvation.

walk through it, work through it and then comfort another through it