

# When It Is Enough – 1 Kings 19

There comes a time in your life when you have done well, yet, out of the blue an entire month or year will become complete destruction. You feel like you are competing with Job on daily catastrophes, and then it starts to rain on your weary head. This daily pressure on your emotions brought on by epic trials and directly by that old devil himself, it makes you wonder if there will ever be an end to this grief. Can you ever ask, “Is there a way out?” Is it right to say **When It Is Enough**.

*Great Days for the Traveling Prophet – 1 Kings 17*

## 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**

d.

*Mount Carmel to Jezreel - 17 miles*

## 2. It All Started with “She Said” 1 Kings 19

a. **17 mile foxtrot was quicker than chariot – 1 Kings 18:41-46**

b. **It Rained as He Ran on Monday – 1 Kings 18:45**

c. **Jezebel called for a “Hit” on Elijah – 1 Kings 19:1, 2**

d. **Elijah trudges 125 miles and collapses 1 Kings 19:3, 4**

*Jezreel to Beersheba 100 miles*

e.

*Beersheba to Mount Horeb aka Mount Sinai - 240 miles*

## 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**

**DEPRESSION DEFINED: “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.**

**Matthew 26:38** And he took with him Peter and the two sons of Zebedee, and **began to be sorrowful and very heavy**. Then saith he unto them, **My soul is exceeding sorrowful, even unto death:** tarry ye here, and watch with me.

**Luke 22:44** And being **in an agony** he prayed more earnestly: and **his sweat was as it were great drops of blood falling** down to the ground.

**2 Corinthians 4:8** *We are* troubled on every side, yet not **distressed**; *we are* perplexed, but not in despair; **9** Persecuted, but not forsaken; **cast down, but not destroyed**;

**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.