



STORIES OF ELIJAH & ELISHA



Sermon Outline

Key Scripture

The Lord was not in the wind... the Lord was not in the earthquake... the Lord was not in the fire. And after the fire came a gentle whisper.

1 Kings 19:11-12

How to get depressed in 3 easy steps

1. Wear yourself out

Elijah ran ahead of Ahab all the way to Jezreel.

Elijah... ran for his life... He came to Beersheba in Judah.

1 Kings 18:46,19:3

2. Shut people out

Elijah left his servant there, while he himself went a day's journey into the wilderness.

1 Kings 19:3-4a

3. Focus on the negative

He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."

1 Kings 19:4b

God's solution

1. Eat and rest (v. 5)
2. Replace lies with truth (v.10,18)
3. Listen for his voice (v. 9,13)

ELIJAH & THE GENTLE WHISPER

Opening Thought

Elijah falls into depression after defeating the prophets of Baal, calling forth rain from heaven, and beating Ahab's team of horses in a footrace. He finds himself in the middle of a windstorm, an earthquake, and a fire, but the Lord speaks to him in a gentle whisper. We must learn to listen for God's voice and depend on him to strengthen and sustain us.

For personal reflection or group discussion.

- What things tend to get you down the most?
- What was your favorite hideout as a kid?
- What is the greatest distance you have ever run?

Questions to go deeper in your faith.

Today John shared how to get depressed in three easy steps. Which one tends to lure you in?

Why is it so hard for most of us to rest? What are some things you can do to have more rest in your life?

Read Isaiah 41:10. Elijah ran to the wilderness because he was afraid. How can you combat fear and its effects in your life?

One of the most common factors that leads to depression is wearing ourselves out. In what areas of your life are you exhausted? What are some things you can do starting today to help relieve that exhaustion?

God spoke to Elijah with a gentle whisper. Describe a time when God spoke to you. What did he say to you?

Next Steps – reflect on these truths throughout the week

- I need to be quiet so I can hear God.
- God calls me to physical and spiritual replenishment.
- I may feel like I am all alone, but I am not.
- God will refresh and sustain me.