

Elijah had a close relationship with God and was used powerfully by Him. He did many other amazing works by the power of God, but the Bible shows that even great people of God can get overwhelmed by the trials and challenges of living God's way.

In our reading Elijah was hated and threatened with death by the evil Queen Jezebel. He also felt his work had been in vain and that no one else was supporting God. He felt totally alone, vulnerable and hopeless and all this started to get to him.

Elijah got overwhelmed and wanted to quit. While we don't know for sure that Elijah suffered with depression, it is true that a number of the symptoms line up with what we recognise as depression today.

What is depression?

<https://youtu.be/pjyFhcw59pE?list=PLw8TLvRgeKJ69v832azx8XTTwYHPZES6T>

Read 1 Kings 19:1-18

1. What were the factors that led Elijah to feel overwhelmed and depressed in 1 Kings 19:1-4?
2. What does Elijah's flight to Beersheba and his subsequent request for death reveal about his emotional and spiritual state?
3. How can we relate to Elijah's feelings of loneliness, discouragement, and hopelessness?

4. How did Elijah's physical condition (being physically exhausted) impact his mental and emotional health (v. 5-7)?
5. Why do you think God provided food and rest for Elijah first, rather than speaking to him or offering a direct solution to his problems? What can we learn from this?
6. How can physical exhaustion contribute to emotional and spiritual burnout? Have there been times when your physical state has impacted upon your mental health and prayer life?
7. What do you think God was trying to communicate to Elijah through the gentle whisper (v. 11-12)? Has there been a time when God has drawn near to speak into your life?
8. Why do you think God chose to speak in a gentle whisper instead of through the wind, earthquake, or fire?
9. What does Elijah's journey in 1 Kings 19 teach us about God's character in times of personal crisis? What does this tell us about how we should walk along side those suffering with depression?
10. In verses 15-18, God gives Elijah a new assignment and reassures him that he is not alone (v. 18). How do these actions offer hope and encouragement to someone struggling with depression? What bible verse would you share to offer encouragement? Hebrews 4:15-16 and Hebrews 12:2-3.

Prayer Points

According to the charity Mind, at least 3 in 100 people suffer with depression. Pray for those who are struggling and for those who are supporting them.

Pray for the Alpha course, the leaders, people to come, those who have signed up. Pray for the discussions and that everything will come together.

The civil war in eastern D R Congo continues to cause fear, displacement and chronic humanitarian needs. We pray for Baptist Unions in North Kivu working together to provide shelter, food and hope to many displaced by the conflict.

Sermon Notes



BIBLE STUDY

February 2nd 2025

Mental Health:
Depression
1 Kings 19

We live in a time when there is a greater effort to understand the challenges people face with mental illness, and the importance of everyone's own mental wellbeing. In light of this, how do we understand mental health as Christians? What does the Bible actually teach, avoiding the danger of taking verses out of context? If we are faced with anxiety, depression or suicidal thoughts, how do we relate the gospel to our personal experience? How can we bring hope to those who face daily challenges?

If you would like to join a Connect Group, please contact the church office 01424 730001