Failed Expectations

Failed Expectations Are A Part Of Life

Elijah’s Greatest Victory Was Followed By The Most Trying Time Of His Ministry.

His Greatest Victory Left Him Wanting
Failed Expectations

1 Kings 18: Elijah Stood And Said “Choose This Day Whom You Will Serve If Baal Is God Serve Him, But If God Is God Then Serve Him”

God Will Always Back Up His Word

The Real God Will Answer By Fire & Ignite The Sacrifice

The Fire Of God Fell -- Everything Was Set Ablaze
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Elijah Had Certain Expectations About Victories

On The Mountain Of Victory He Expected Others To Come Up To Where He Was

He Went From The Mountain Of Victory To The Cave Of Depression
Failed Expectations

1 Kings 19:1-9 (NIV) ¹ Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ² So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." ³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the desert. He came to a broom tree, 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"
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5 Then he lay down under the tree and fell asleep. All at once an angel touched him and said, "Get up and eat." 6 He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. 7 The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." 8 So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. 9 There he went into a cave and spent the night. And the word of the LORD came to him: "What are you doing here, Elijah?"
Important Facts In These Verses:

1. He Ran From His Problem
2. He Isolated Himself From Others
3. He Had A Pity Party
4. He Thought Of Being Better Off Dead
5. He Downgraded Himself-- Lost Self-worth
6. His Eating And Sleeping Habits Changed
7. He Went Into A Cave Of Depression
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1 Kings 19:11 (NIV) The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by..."

God Wanted Elijah To Move From The Cave Of Depression To The Mountain Top Of His Presence
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Why Was Elijah So Discouraged By This?

1. He Thought He Was A Failure

2. His Extreme Loneliness

3. His Physical Exhaustion
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What Is Depression?

- Depression Means To Be De-pressed--To Be Pressed Down Upon

- Depression Is An Emotional State Of Dejection And Sadness

- Depression Is No Respecter Of Persons
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The Bible Often Links The Idea Of “Heaviness” With Depression

(Psa 77:2-4 NIV) When I was in distress, I sought the Lord; at night I stretched out untiring hands and my soul refused to be comforted. (3) I remembered you, O God, and I groaned; I mused, and my spirit grew faint. (4) You kept my eyes from closing; I was too troubled to speak.

(Psa 43:5 NIV) Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.
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*Is Depression A Sin? No*

*Sin May Be A Cause Of Depression -- Depression Itself Is Not Sin*

*Depression Is An Indication That Something In Life Is Not Right. It Is Like The "Check Engine Light" On A Car.*

*Depression Is A Sign That Some Things Need To Be Adjusted Or Changed In Life*
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A Snappy Answer Is Generally Not What People In Depression Need.

They Need For You To Pray For Them And Try To Understand Them Without Condemning Them
Symptoms Of Depression:

1. Sadness
3. General Fatigue – Loss Of Energy – Loss Of Interest In
4. Low Self-esteem – Accompanied By Self Criticism – Guilt
5. Loss Of Spontaneity
6. Difficulty In Sleeping And Concentrating
7. Loss Of Appetite
8. Desire To Escape Problems
9. Feeling Alone
10. Inability To Get Along
Doors Into The Cave Of Depression:

- Disappointment
- Frustration
- Rejection
- Disobedience
- Improper Physical Habits
- Poor Environment
- Un-Renewed Thought Life
- Carrying Too Big Of A Load
- Idleness
Failed Expectations

How To Get Depressed In Three Easy Steps

1. Find A Place By Yourself (Be Alone)
2. Focus On The Negative
3. Forget God’s Provision
The Timing Of Depression:

1. After a time of intense ministry output
2. After relational conflict
3. After physical exhaustion
4. After a major victory.
5. After a huge disappointment
Coming Out Of The Cave

Check Your Diet – Balanced
Check Your Sleep Habits
Start Praising The Lord
Get Busy
Prayerfully Seek Appropriate Help
Keep Track Of Your Feeling
Trust God With Your Feelings
Expect Discouragement

Be Alert To Depression Prone Situations
Learn To Handle Anger And Guilt
Challenge Your Thinking
Learn Coping Techniques
Find Support
Reach Out To Help Others
Encourage Physical Fitness
**Choose The Cure To Depression:**

1. Let God confront you
2. Receive God’s provision
3. Do what God says immediately
4. Get involved with people again
5. Focusing on other people’s concerns helps you to forget your own
Failed Expectations

*Depression Is Not The End Of The Story.*

God Hears Our Cries And Answer Our Prayers!

**Psalm 40:1-2** "I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire."
Failed Expectations

- We Must Ask
- We Must Believe
- We Must Trust

- With God’s Help -- Blessing -- Grace
- Depression Can Be Handled
- Depression Will Be Overcome