Getting Out Of The Cave Of Depression

Keys To Peace With God

January 17, 2021
Getting Out Of The Cave Of Depression

- Depression has been called the common cold of mental illnesses.

- COVID-19 has tripled the rate of depression in US adults in all demographic groups -- *JAMA Network Open.*
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• Elijah Went From The Mountain Of Victory To The Cave Of Depression

• The First Victory--- Fire On A Wet Altar
• The Final Victory -- Rain On Dry Ground

Elijah Had Certain Expectations About What Should Come From Those Great Victories: That They Would All Want To Return To The Lord --That There Would Be A Time Of National Revival And Repentance -- It Didn’t Happen As Elijah Thought It Would Happen
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READ: 1 Kings 19:1-9

- Elijah Ran From His Problem
- He Began To Isolate Himself From Others
- He Began To Have A Pity Party –
- The Thought Of Being Better Off Dead Entered His Mind
- He Began To Downgrade Himself... He Lost Self-worth
- His Eating And Sleeping Habits Began To Change –

He Went Into A Cave -- A Cave Of Depression
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Elijah – Had Seen God Do Marvelous Things

Yet There Was Lurking In Him

- Thru Fear – Disappointment – Loneliness -- Anger
- A Propensity Towards Sadness And Depression

When He Heard Jezebel’s Threats -- He Was Afraid --

- Instead Of Taking His Need To God – He Began To Run

He Became Depressed
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What Is Depression? When "pressed down" due to normal pressure from normal situations (situational depression), your heart is designed by God to rebound once the pressure is removed. However, if you live under the weight of heavy pressure for long periods of time, your heart can enter a "state" of depression – JUNE HUNT
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- Depression is an epidemic — it has enormous social costs, including broken marriages, troubled children, suicide, and even homicide.

- Pre-schoolers are the fastest-growing market for antidepressants. At least four percent of preschoolers — over a million — are clinically depressed. (Study published in Psychiatric Services)

- Half of Americans in a recent poll said they or their family members have suffered from depression.
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Depression Goes Hand In Hand With Discouragement
The Devil Uses Discourage-ment To Impoverish The Spirit
Discouragement Comes When We Think Too Much About What
The Enemy Is Saying And The Theories And Threats The Godless
Instead -- We Must Focus On What God Is Speaking & Saying

First Steps To Depression And Discouragement Often Include A
Neglect Of Time With God And Time In His Word
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The First Step Out Of The Cave Of Depression
We Must Have A Place With God

READ: 1 Kings 19:9-14

God Wanted Elijah To Move From The Cave Of Depression To The Mountain Top Of His Presence Once Again
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- In This Time Of Need And Desperation --
- The Word Of The Lord Came To Him

He Thought He Was Alone-- He Wasn’t --
The Lord Was With Him & Had Something To Say To Him

The First Important Step To Overcoming Depression Is To Spend Time With God – Hearing That Voice That Sometimes Shouts -- But Many Times Whispers
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A Form Of Depression... That Satan Will Try And Bring Upon Us... That Comes As A Result Of A Spiritual Attack On The Mind

Depression Is Nothing To Be Ashamed Of -- But It Is Something To Battle Out Of

The State Of Depression Itself Is Not Sin

It Is However -- An Indication That Something In Your Life Is Not Right. It Is Like The "Check Engine Light" On Your Car.

Depression Is Not A Sin. But It May Be A Sign That Some Things Need To Be Adjusted Or Changed In Your Life
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When We Find That Place With God -- We Can Discover A Plan From God

In Finding 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 Needs helps you to forget your own.
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God’s Plan Often Includes A People Of God
Read 1 Kings 19:15-17

Elijah Thought He Was Alone--but That Wasn’t The Case

God Will Bring People Onto Our Path
▪ Some Will Spare Us
▪ Some Will Shape Us
▪ Some Will Shear Us
▪ Some Will Shake Us
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To Get Out Of The Cave Of Depression It Is Most Important To Get **The Perspective Of God**

1 Kings 19:18 (NIV) 18 Yet I reserve seven thousand in Israel--all whose knees have not bowed down to Baal and all whose mouths have not kissed him."

- You Think You Are The Sole Survivor
- But That Is Not So -- God Has A People
- He Always Has A People

**God’s Perspective Is Not Hidden--It Is Revealed In His Word**
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Do you have unresolved anger over? If so, the Bible says:
"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice." (Ephesians 4:31)

Do you have suppressed fear of...? — Job loss — Abandonment — Dying — Growing old — Being alone — Failure — Rejection — And Unknown Future

If so, the Bible says:
"Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." (Isaiah 41:10)
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Do you have internalized stress over?

- Work difficulties
- Financial obligations
- Family responsibilities
- Marital problems
- Troubled children
- Workload
- Health issues
- COVID

If so, the Bible says:

"Cast all your anxiety on him because he cares for you." (1 Peter 5:7)

Nothing Ever Catches Your God By Surprise;  
He Never Sleeps, He Never Slumbers.

Psalm 121: 5-6 (NIV) The Lord watches over you — the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night.
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We Need To Get God's Heart on Depression:

• God searches and knows our anxious thoughts.
• God does not want us to be anxious or depressed.
• God invites us to cast our cares on Him.
• God will work all things for good.
• God promises we will not be crushed, abandoned, or destroyed.
• God knows what we need for our lives.
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• God completes us through testing and trials.
• God promises to meet all our needs.
• God always goes before us and is always with us.
• God will never leave us nor forsake us.
• God gives us peace in the midst of trouble.
• God is good to those whose hope is in Him.
• God offers safety.
• God is trustworthy.
• God gives us peace.
• God pours out His love into our hearts.
Another Key To Overcome Depression Is: The Garment Of Praise

Isaiah 61:1-3 (NKJV) (1) "The Spirit of the Lord GOD is upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound; (2) To proclaim the acceptable year of the LORD, And the day of vengeance of our God; To comfort all who mourn, (3) To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the LORD, that He may be glorified."

We Can Exchange The Spirit Of Heaviness For Praises!

Praise Can Set You Free -- As You Exchange The Heavy Spirit For A Garment Of Praise!
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Isaiah 59:19b (NKJV) (19) ... When the enemy comes in like a flood, The Spirit of the LORD will lift up a standard against him.

To Fight Against This Spirit -- We Must Be Aggressive!

Aggressive = Don't Yield To The Dark Moods And Depression

LOOK UP: If We Keep Our Eyes On The Discouraging Circumstances Of Life -- We Will Surely Crash.

But If We Keep Our Eyes On Jesus Christ And Stay Grounded In His Word -- We Will Make It Safely Through The Storm.
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**It’s Time To Praise Him**
Because He’s Almighty
Because He’s Blessed Us
Because He Cares For Us
Because He’s Delivered Us

**We Praise Him Because Of His Mercy**
Because He’s Never Left Us
Because He’s Opened Doors For Us
Because He’s Paid The Price For Us
Because He’s Redeemed Us
Because He’s Saved And Sanctified Us
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When Facing Disappointment Or Depression We Must Find:
• A Place With God
• A Plan From God
• A People Of God
• A Perspective Of God

• This Will Lead To A Praise Unto God

And Ultimately

• A Peace From God