

“Overcoming Depression/Burnout”

1 Kings 19

September 4, 2016 AM Service

Where It Went Wrong

- Elijah was not thinking realistically or clearly
- Elijah separated himself from strengthening relationships
- Elijah was caught up in the backwash of a great victory
- Elijah was physically exhausted and emotionally spent
- Elijah got lost in self-pity

What Went Right

- God allowed him a time of rest and refreshment
- God listened to Elijah
- God showed Himself to Elijah
- God reminded him that he was not alone
- God got him back on the job
- God gave Elijah a close, personal friend

Some Truths About Burnout and Depression

- ✓ Christians are not exempt
- ✓ It does not mean that you don't have enough faith in God or that you have sin in your life.
- ✓ Some times depression can be a chemical imbalance and needs to be treated with medicine for a season, until those chemicals get balanced

again.

- ✓ Under certain circumstances, we should expect some depression and let down: Mountain top experiences; intense periods of great stress or hyperactivity; following keen disappointment and disillusionment; or times of great anger.
- ✓ Depression always distorts our view of reality.
- ✓ We are more vulnerable to satanic attacks when we are physically and psychologically exhausted
- ✓ Depression many times only lasts for a season. There is a light at the end of what has been described as a long dark tunnel with no way out.

Our Response:

- Come to Jesus, get our eyes off ourselves, off our circumstances, and get them on Jesus!
- Take time to rest both physically, emotionally, and spiritually.
- Seek professional help/counselor (Biblical)
- See your Dr for a physical
- Dive deep into God's Word
- Don't give in to it, accept it for what it is and begin move through it
- Do something for somebody else
- Get back in the fight after a time of rest/sabbatical if you will
- Be aware that these times do come in almost everyone's life. Be ready for it.
- Help those who find themselves in these places for one day you might need their help. Speak the truth in love to them, remembering that they do not always see clearly these times.

