

1 Kings 19:1-10

"It Is Enough"

And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. 2 Then Jezebel sent a messenger to Elijah, saying, "So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time." 3 And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there. 4 But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, Lord, take my life, for I am no better than my fathers!" 5 Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise and eat." 6 Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. 7 And the angel of the Lord came back the second time, and touched him, and said, "Arise and eat, because the journey is too great for you." 8 So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God. 9 And there he went into a cave, and spent the night in that place; and behold, the word of the Lord came to him, and He said to him, "What are you doing here, Elijah?" 10 So he said, "I have been very zealous for the Lord God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life."

Legend has it that Satan once had an auction. He auctioned off all the weapons he possessed except one; it was the tool of discouragement.
He was asked why he refused to auction off the tool of discouragement.
His answer was "With this one tool I can accomplish everything I want to accomplish."

The tool of discouragement is the most powerful weapon that Satan has and he is a master at knowing how to use it skillfully!
Some of the greatest men who ever lived have become discouraged with life.

• We are told that President Abraham Lincoln had severe problems with discouragement.

• Martin Luther, the reformer, had severe problems with discouragement.
We are told that he got so discouraged one time that his wife dressed up in black. He asked her where was she going and she told him she was going to a funeral.
He said, "Who died?" She said, "God died!" He said, "God isn't dead!" She said, "The way you have been acting I thought perhaps He had died!"

As we look in the scriptures we see some of the great saints of God had a difficult time with discouragement.
Men such as…
• Jeremiah
• Jonah
• David
• Elijah
• Solomon
• Abraham
Yes, some of the greatest men and women who ever lived have had to battle discouragement.
It is satan's greatest weapon that he has used over and over.

Ill. According to the American Psychiatric Association, it is a problem with:

• One of every ten men
• One of every four women

The devil knows that discouragement is a powerful weapon.

20.6% Of U.S. adults will experience a major depressive episode in their lifetime.

In passing 1 Kings 18 to 1 Kings 19 we meet with a sudden and strange transition. It was as though the sun was shining brilliantly out of a clear sky and the next moment, without any warning, black clouds drape the heavens and crashes of thunder shake the earth.

Acts 7- Stephen- **54 When they heard these things they were cut to the heart, and they gnashed at him with *their* teeth. 55 But he, being full of the Holy Spirit, gazed into heaven and saw the glory of God, and Jesus standing at the right hand of God, 56 and said, "Look! I see the heavens opened and the Son of Man standing at the right hand of God!" 57 Then they cried out with a loud voice, stopped their ears, and ran at him with one accord; 58 and they cast *him* out of the city and stoned *him***

It is enough!

Number 11:14-15- Moses

I am not able to bear all these people alone, because the burden *is* too heavy for me. If You treat me like this, please kill me here and now—if I have found favor in Your sight—and do not let me see my wretchedness!"

Psalm 55:4-8 My heart is severely pained within me, And the terrors of death have fallen upon me. Fearfulness and trembling have come upon me, And horror has overwhelmed me. So I said, "Oh, that I had wings like a dove! I would fly away and be at rest. Indeed, I would wander far off, *And* remain in the wilderness. *Selah* I would hasten my escape From the windy storm *and* tempest."

✓ 4 SURE FIRE WAYS TO GET DEPRESSED.

- *1. Become fearful and worry- 1-3*

WHEN HE SAW THAT

Panic attack?

Fear not- 100's of times

Philippians 4

Covid caused huge fear—God has your days numbered. Psalm 139:16 Isaiah 8:12-13

Physical factors—

Never get too:

Hungry
Angry
Lonely
Tired

- *2. Trust in yourself and not God- 4-8*

Instead of waiting patiently for Him, he acts on hasty impulse, deserts the place of duty, and flees from the one who sought his destruction.

Isaiah 12:2; 26:3

Psalm 42, 43

Psalm 3- But Thou, O LORD, art a shield for me; my glory, and the lifter up of my head.

Psalm 107:26, 28- learning the lesson

- *3. Compare yourself to others- 4*

John 21:20-21

2 Corinthians 10:12

No competition

Page 201- Elijah- A W Pink

- *4. Live in self-pity- 9*

I have fished all night and caught nothing. Peter

He thought only of himself when he fled.

In his book *How to Win Over Depression*, Tim LaHaye defines the depression formula as

Injury + anger + self-pity = depression

(or similarly noted as resentment/anger multiplied by self-pity).

The Components of the Formula

- **Injury:** A hurt, disappointment, loss, or traumatic event that happens to a person in life.
- **Anger:** Unresolved hostility, bitterness, or frustration over the injury.
- **Self-Pity:** Dwelling on the injury and feeling sorry for oneself, which LaHaye frames as the primary catalyst that turns pain and anger into deep depression.

Tim LaHaye's Approach

- **Spiritual View:** He emphasizes that handling these emotions requires spiritual, emotional, and physical remedies rather than looking only at secular psychology.

- **Breaking the Cycle:** He suggests that depression lifts when a person identifies and stops the self-pity and anger, turning instead to gratitude and spiritual trust.

IT IS ENOUGH!

How to get out of it- next week