



ELIJAH

Jesus and Your Mental Health

THE LIFE OF A
Prophet



1 Kings 19 ESV

1 Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. 2 Then Jezebel sent a messenger to Elijah, saying, “So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow.” 3 Then he was afraid, and he arose and ran for his life and came 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 asked that he might die, saying, “It is enough; now, O Lord, take away my life, for I am no”

1 Kings 19 ESV

better than my fathers.” 5 And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, “Arise and eat.” 6 And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. 7 And the angel of the Lord came again a second time and touched him and said, “Arise and eat, for the journey is too great for you.” 8 And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

The Point

When we feel afraid, weary, or hopeless, Jesus meets us where we are, gives us strength, and reminds us that He still has a plan for our lives.

A word cloud on a dark background with a yellow triangle in the bottom right corner. The words are in various colors and orientations, centered around the themes of mental health and psychology. The most prominent words are 'MENTAL' and 'HEALTH' in large, bold, orange and blue letters respectively. Other significant words include 'WELLNESS' in green, 'TRAUMA' in blue, 'SUICIDE' in green, 'PSYCHOLOGICAL' in orange, 'GENETIC' in green, 'PHOBIA' in blue, 'ANXIETY' in orange, 'GRIEF' in blue, 'STRESS' in grey, 'BIPOLAR' in orange, 'ANOREXIA' in orange, 'DEPRESSION' in grey, 'CLINICAL' in green, 'OPTIMIST' in blue, 'UNHAPPY' in blue, 'ATTITUDE' in blue, 'TREATMENT' in blue, 'COGNITIVE' in orange, 'EMOTIONS' in green, 'DRUGS' in blue, 'POST-TRAMATIC STRESS' in grey, 'PSYCHOLOGY' in blue, 'CRISIS' in orange, 'POSTPARTUM' in blue, 'SELF HARM' in grey, 'RELATIONSHIPS' in blue, 'WORRIED' in grey, 'STIGMA' in blue, 'GRIEF' in grey, 'RESEARCH' in grey, 'BENEFITS' in grey, 'RISK' in blue, 'AWARENESS' in blue, 'IQ' in orange, and 'WELLNESS' in green.

AWARENESS
WELLNESS
THERAPY
BENEFITS
RISK
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COGNITIVE

Mental Health

- Elijah had just experienced a great victory at Mount Carmel.
- Yet immediately afterward, he faced deep fear, loneliness, & despair.
- Mental health struggles are not new; even God's servants wrestled with them.

Mental Health

- Jesus, our High Priest, understands our weakness.

*15 For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.
(Hebrews 4:15 ESV)*



Faith or Fear

- Elijah went from triumph to terror when Jezebel threatened his life.
- Our highest spiritual moments are often followed by seasons of attack or depression.
- Fear entered Elijah's heart, even though God had proven faithful.
- Fear focuses on circumstances, while faith focuses on God's sovereignty.

Faith or Fear

- Jesus Himself experienced sorrow “to the point of death”.

37 And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. 38 Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.” 39 And going a little farther he fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.”

(Matthew 26:37 - 39 ESV)



When The Enemy Attacks

When the Enemy Attacks

- The enemy wants to steal, kill & destroy.

*10 The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.
(John 10:10 ESV)*

- Elijah isolated himself, which made him more vulnerable.
- God sent an angel with food, water & rest - physical care matters.

When the Enemy Attacks

- God doesn't shame Elijah but meets him tenderly in his weakness.
- Sometimes healing begins with rest, nourishment & a reminder that God sees us.



God Sends Messages

- God sent an angel to Elijah to renew his strength & give him direction.
- God often uses people (Gretchen) to speak truth into our despair.

God Sends Messages

- Taking thoughts captive & renewing our minds with God's Word are essential.

2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. (Romans 12:2 ESV)

- God is not finished with us - He has purpose even in our pain.

Practical Application

- Remember: it's normal for struggles to follow victories.
- Don't isolate—reach out to God & others.
- Recognize the enemy's lies & schemes.
- Renew your mind daily in God's Word.
- Trust that Jesus understands your feelings & intercedes for you.
- Believe God is still working His good plan in your life.
- Worship & prayer are spiritual warfare against despair.

Discussion Questions

- How have you experienced spiritual lows after spiritual highs?
- What are some simple ways God provides strength when we are weary?
- How do you recognize the enemy's lies in your own life?
- Who has God sent to you as a “messenger of hope” & how did they encourage you?
- How can you be that messenger of truth for someone else?



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