

There's Hope! **Part III; April 18, 2010**

“The Abyss”

When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.” Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, LORD,” he said. “Take my life, for I am no better than my ancestors who have already died.”...“Go back the same way you came...anoint Jehu...anoint Hazael...anoint Elisha...I will preserve 7000 others who won't bow down. – 1Kings 19:1-18

Lessons from Elijah's abyss:

**Remember that other people, GREAT PEOPLE,
have dealt with depression too!**

Habakkuk – “How long, O LORD, must I call for help? But you do not listen! ‘Violence is everywhere!’ I cry, but you do not come to save. Must I forever see these evil deeds? Why must I watch all this misery?” – Habakkuk 1:2-3 (NLT)

David – “My heart pounds in my chest. The terror of death assaults me. Fear and trembling overwhelm me, and I can't stop shaking. Oh, that I had wings like a dove; then I would fly away and rest! I would fly far away to the quiet of the wilderness.”
-Psalm 55:4-7 (NLT)

Jeremiah – “I have been deprived of peace; I have forgotten what prosperity is...My splendor is gone and all that I had hoped from the Lord.” - Lamentations 3:17-18 (NIV)

Resist the tendency to isolate!

Then Jesus went with them to the olive grove called Gethsemane, and he said, “Sit here while I go over there to pray.” **He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. He told them, “My soul is crushed with grief to the point of death. Stay here and keep watch with me.”** – Matthew 26:36-38 (NLT)

“Share each other's burdens, and in this way obey the law of Christ.” – Galatians 6:2 (NLT)

Don't make major decisions when you're in the pit!

**The greatest temptation in the abyss is
to make a REACTIVE decision rather than a RIGHT one!**

God is not only near, He is right there with you!

But Jesus spoke to them at once. “Don't be afraid,” he said. “Take courage. **I am here!** – Matthew 14:27 (NLT)

Habakkuk – “The Sovereign LORD is my strength! He makes me as surefooted as a deer, able to tread upon the heights.” – Hab 3:19

David – “Give your burdens to the LORD, and he will take care of you. He will not permit the godly to slip and fall.” – Psalm 55:22

Jeremiah – “Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, “The LORD is my portion; therefore I will wait for him.” – Lamentations 3:21-24 (NIV)

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