

victory over depression

Depression is an overwhelming feeling of sadness, hopelessness, and helplessness. It is related to anxiety and fear. This issue is very relevant today as more people are depressed because of the pandemic. How then do we gain victory over depression? Let us learn from the example of the prophet Elijah.

recalibrate (1 Kings 19:1-10)

One of the most amazing spiritual victories in the Bible was accomplished by Elijah in 1 Kings 18 where he demonstrated God's power against the false prophets of Israel, which led to the death of 850 false prophets. Upon hearing what transpired at Mt. Carmel, Queen Jezebel threatened to kill Elijah. In fear, Elijah ran away and went to Beersheba. He became depressed and asked God to take away his life (v.4). He expected a spiritual revival in Israel, but it did not happen, so he thought he was as a failure. His thoughts impacted his emotions.

God took the initiative to recalibrate the mind of Elijah and help him recognize God for who He is. God wanted Elijah to know He really loves him by taking care of his physical needs (vv.5-8). God wanted Elijah to go to the root problem of his depression by asking him, "Why are you here?" (vv.9,13) twice; to recalibrate his mind from a "victim mindset", and recognize God.

recognize (1 Kings 19:11-18)

Recognizing God is to CAST all our anxieties on Him because He cares for us (1 Peter 5:7).

God CARES (vv.11-13). God dealt with Elijah lovingly and patiently by providing him with food and water and speaking to him in the quietness of his heart. Many times, God wants to talk to us in the quietness of our hearts. Are we listening to Him?

God is ALMIGHTY (v.14). God showed Elijah that no one can take his life without God's permission.

this week's memory verse

This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God.

JAMES 1:19-20



God is SOVEREIGN (vv.15-18). God told Elijah to stop running away, go back, and carry out God's instructions. He wanted Elijah to know that He is in control. Elijah's part was to obey.

God is TRUSTWORTHY. Psalm 56:3-4 tells us that our responsibility is to trust God. To trust God means trusting His Word and surrendering everything to Him — the good and the bad.

After his encounter with God, Elijah was a changed man. He overcame his fear and was faithful and obedient to God. Elijah may not have seen the eradication of Baal worship in his lifetime, but by obeying God's command to mentor Elisha, Elijah fulfilled God's mission for his life through Elisha who saw the eradication of Baal worship in his lifetime.

As we can learn from the story of Elijah, the battle starts in our minds. We must not allow the world, the enemy, and our own voice to influence our thoughts, emotions, and actions. We must learn to listen to One voice only — God's voice. We listen by intentionally studying and obeying His Word.

Jesus came to give us life (John 10:10), not to live a life of defeat or depression but with fullness of joy. A healthy Christian will have healthy emotions, the fruit of the Holy Spirit (Galatians 5:22-23). It is by the power of the Spirit that we have victory over depression!

discussion questions

What fears do you have that make you want to run or give up?

What can you do to have a biblical mindset?


How can you be more sensitive to the voice of God?


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