

THE CAVE

1 Kings 19

1 Kg. 19:9: when Elijah was running from Jezebel he spent a night in THE cave of depression and _____
James 5 says that Elijah was a person with a _____ like ours; 5 factors led him and lead us to the cave

FACTOR #1: ELIJAH WAS PHYSICALLY _____

- 1) Elijah had a contest with the 450 prophets of _____ on the top of Mt. Carmel before the people of Israel
Elijah's entire existence & ministry hung in the balance that entire day; it would have been _____ draining
- 2) After Elijah won the contest, he led in the _____ of the 450 men as false prophets with sword or stones
- 3) Elijah then faced his most powerful enemy, King Ahab, and ran before his chariot for _____ miles to Jezreel
- 4) When this day was over, Elijah suffered from exhaustion, _____ and thirst—the first step toward the cave
- 5) The Bible pictures us as body-spirit unities; we do not fully understand how our bodies affect our _____

FACTOR #2: ELIJAH WAS IN THE _____ AFTER THE MOUNTAINTOP

- 1) In this world the valley follows the mountaintop; after day comes _____; after the huge wave is the trough
- 2) Elijah was caught in this cycle: he believed that winning the contest on Mt Carmel would bring revival but the threat from _____ brought him back to reality—it was the valley after the mountaintop & he was not prepared
- 3) Many Christians are regularly unprepared to face harsh _____ after the emotional high of the mountaintop

FACTOR #3: ELIJAH ISOLATED HIMSELF FROM STRENGTHENING _____

- 1) Perhaps Elijah left his servant in Beersheba because he valued his _____ and did not want to endanger it
- 2) Perhaps Elijah thought bringing his servant along would make running from Ahab & Jezebel more _____
- 3) Perhaps Elijah wanted to be _____ with God on Mt. Horeb/Mt. Sinai, where God had often revealed Himself
- 4) Whatever his reasons, he made a bad _____; v. 10 indicates how dramatically Elijah felt his aloneness
- 5) Often when we are headed into discouragement/depression, we find reasons not to be with God's _____

FACTOR #4: ELIJAH INDULGED IN _____

- 1) Self-pity is always focused on _____ —all 3 phrases Elijah used in his prayer focused on himself:
a) "I have had enough" b) "Now Lord take MY _____ —it's is not worth living" c) I am no better than my fathers."
When we are stubbornly self-focused rather than _____ -focused or others-focused, we are headed to the cave
- 2) Self-pity always distorts _____ —Elijah saw Jezebel as big and God as small, the opposite of the truth
It is impossible to focus on God and _____ at the same time; we can only look through one end of the scope

FACTOR #5: ELIJAH WAS MISHANDLING _____

- 1) Throughout this story, Elijah seems to be _____; his statements in verses 4 and 10 make this clear
- 2) It is a natural, human reaction: pain engenders _____ . both of these issues run through this story
- 3) Perhaps unconsciously Elijah sought out _____ on Mt. Horeb to express his anger; anger took him to the cave
- 4) Often anger is the genesis of _____; often if we go back to beginning of depression, we will find anger

CONCLUSION: These factors can lead us toward the cave, but they cannot force us in it; we do that ourselves by our responses to these factors. So we can conduct ourselves out of the cave by responding to _____