



May 19, 2024 Sermon Notes

Sermon:

“The Battle Between Life & Death”

(1 Kings 19:4 ESV)

Sermon By: Pastor G. Chris Brown

Sermon Text:

1 Kings 19:4 ESV

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 better than my fathers."

Background:

- Here is Elijah in this 19th chapter dealing with Jezebel, after dealing with the encounter on Mt. Carmel! 450 prophets of Baal, and even with the 400 prophets of Asherah who ate at the table of Jezebel. Here is Elijah standing up for the Lord, and God proved His existence and power from fire, stones, water, and wood but the prophets of Baal found out that Baal was nowhere to be found, Baal wasn't concerned, and the people cried, cut themselves, and bled but there was no response!
- Then we see that the people realized that God was real, on this showdown at Mt Carmel and when the people saw the power of God, they bowed down and acknowledged who God was and the prophets of Baal were slaughtered at the Brook of Kishon. God's hand was on Elijah, and Elijah bowed down on his knees on Mt. Carmel, and then the hand of God was on Elijah, and after Elijah's conversation with Ahab, and ran before to the entrance of Jezebel!
- Then in chapter 19, Ahab tells what Elijah did and how the prophets died by his sword, and then Jezebel sent a letter through a messenger to Elijah, and threatens his life. Then Elijah got afraid, and ran for his life to Beersheba and left Ahab there.

The distance was 120 miles, from Beersheba away from Mt Carmel, and it served as a traditional southern boundary for Israelite territory!

- It was all because of Elijah standing up for God, that success came but after success came there was a spirit of depression and a spirit of running away because of the words of a woman. It was the words of Jezebel that made Elijah frantic after having this victory, and after following the Lord it was Elijah that ran away, and didn't want anything else but wanted to run away. When you stand up for the Lord, you also see who doesn't like it and will try to scare you, and will try to make you panicked but that's when you must stand and follow the Lord and not waver, but trust Him at all times!

“The Loneliness Of Elijah”

- **Elijah went on a day's journey, and he had time to spend with his thoughts! The most dangerous time for a person is how they talk about themselves, when they are by themselves and going through a hard time, that's when you have those defining moments and conversations, because how do you talk to yourself when the plans change, when life is difficult, when life is hurtful, and when life is difficult how do you talk to yourself in those moments!**
- **Your thoughts will encourage you or discourage you, your thoughts can make you smile or make you depressed, your thoughts can make you happy or miserable, your thoughts can make you uplifted or never optimistic, and your thoughts can make you have joy, or they can make you have these times of feeling spiritually groggy!**
- **Elijah didn't hide his emotions, but Elijah was under this tree and you know we all have our own Juniper trees that can cause us to have these moments of pain, these moments of fear, and these moments of being in the dark! What is your tree, because you have a juniper tree that is there and you might still be under that juniper tree, and you see from Elijah right now that he is under duress, and he is under this tough spot because of his depression.**
- **We deal with these difficulties with depression, and there is something you can't do and that is hide from depression. You might be able to fool people but you can't fool yourself, depression hurts, depression is tough, depression is painful, depression is rough, and when we are depressed we aren't ourselves.**
- **The Church has to be the voice of reason, we need to be the voice of positive vibes, we need to be the voice of a strong message, we need to be the voice of reason, and we need to tell everybody even ourselves that no matter how dark it gets in your life that God is still the sunshine. That is the key of the matter, no matter how bad it gets, and I know that it gets bad, but the Lord will still send the sunshine because He is the sunshine, He is the light, He is the reason for us living, He is the reason we can stand strong, and He is the reason we can still live.**

- Life can still be enjoyable, life can still be great, life can still be spectacular, and life can still be special but hang in there. You might have tough times but hang in there, money might get low but hang in there, people might not appreciate you but hang in there, people might not love you like they say they do but hang in there, things might not always be how you want them to be but don't give up because there's something that can change because we know that the Lord is able!
- What is driving you to want to end your life, or having you feel like Elijah in the text something that needs to go away, something that needs to be eliminated, something that needs to be cut away from because sometimes what we are tied to is what is making us depressed. What is it that you need to move away from, what is it that you need to stop giving attention to, and what is it that you need to stop allowing to have so much power over you?
- Sometimes it can be a person that makes you depressed, because there are times that we allow some people to make us depressed and you know that there are some people in your life that aren't that important to bring you down. Sometimes we allow people to bring us down, we allow them to make us unhappy, we allow them to make us unhappy, and bring us down and there are times that we have to be real, and we have to be honest that there are people that can be the cause of my depression.

“The Reality Of Depression”

- **10% of African Americans suffer from depression. 19 Million people suffer from depression every year.**
- **A persistent sad, anxious or “empty” mood, or excessive crying. Reduced appetite and weight loss or increased appetite and weight gain. Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and chronic pain. Irritability, restlessness, Decreased energy, fatigue, feeling “slowed down”.**
- **Feelings of guilt, worthlessness, helplessness, hopelessness, pessimism, sleeping too much or too little, early-morning waking, loss of interest or pleasure in activities, including sex, difficulty concentrating, remembering, or making decisions, and thoughts of death or suicide, or suicide attempts.**
- **We have to realize and open up and be real, that there are days I feel like Elijah, I feel like I am just tired, and I am in a spiritual warfare battle. We have battles with our mind, because your thoughts are more powerful than what you realize, and we need to take care of our mental health and not be afraid to admit that sometimes I am not okay. Sometimes I need to draw away, sometimes I need to talk to someone instead of bottling up everything, sometimes I need to pull away so that I don't drown in my own feelings.**
- **We need to always speak the message of Christ, we are living in times that can be depressive to live in. Seeing people getting killed everyday, seeing unarmed black**

men and women killed in their own homes, seeing husbands commit murder-suicides by killing themselves and families at the same time, seeing youth fighting teachers, seeing youth fighting each other, seeing youth kill each other, and seeing other things that are always around us it will depress us.

- **We ought to say that some stuff I'm getting rid of, I'm getting rid of those bad thoughts, and I'm not going to allow myself to be controlled or manipulated by these things anymore, but I'm going to press on, and I'm going to move on because I want to be happy. That is something that you have to ask yourself, and that is something that you have to really start coming to terms and grips with is do I want to be happy, am I happy, or am I making myself unhappy, or am I allowing myself to be unhappy because I won't change how I think, I won't change what I do, and I won't change and move on from some stuff and I want to be happy.**
- **I'm tired of being under this tree, it has been on me too long and I have been in this home of dejection and and anguish too long because of my thoughts, because of my decision, but you know what it's time for you to take control of your mind, of your heart, of your spirit, and of your joy it is time to take control of that. You've been in this season of hurt too long it's time for you to get up, you've been wavering too long, you've been melancholy too long, you've been disappointed too long, and you've been bruised too long and it is time to get up but do you want to get up?**
- **WHAT IS YOUR JUNIPER TREE?**

This Week's Goals:

- Read Psalms 119:140-176!
- Pray for depression relief!

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