Running on Empty

1 Kings 19:1-18

Pastor Ron Prosise
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Shepherd's Community Church

Victory and Defeat (19:1-5)

(Isaiah 40:30; Psalm 62:8; 2 Corinthians 1:8-9)

Restoration and Renewal (19:6-21)

(Psalm 23:3-5; 103:13; 2 Kings 10:28; Isaiah 40:31; Lamentations 3:20; Ecclesiastes 4:9; Ephesians 2:10)

Dealing with Depression

Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him, the help of my countenance and my God.
(Psalm 42:5)

Dr. David Martyn Lloyd-Jones (1899-1981) was an English physician who became a preacher, working with and succeeding G. Campbell Morgan as pastor of Westminster Chapel in London. As a medical doctor and a pastor, he was uniquely qualified to write Spiritual Depression; Its Causes and Cure*, a book that not only tackles the issue of depression, but gives Biblical insight for living the Christian life.*

I say that we must talk to ourselves instead of allowing "ourselves" to talk to us! Do you realize what that means? I suggest that the main trouble in this whole matter of spiritual depression in a sense is this, that we allow our self to talk to us instead of talking to our self. Am I just trying to be deliberately paradoxical? Far from it. This is the very essence of wisdom in this matter. Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? Take those thoughts that come to you in the moment you wake up in the morning. You have not originated them, but they start talking to you, they bring back the problems of yesterday, etc. Somebody is talking. Who is talking to you? Your self is talking to you. Now this man's [the psalmist in Psalms 42:5, 11] treatment is this; instead of allowing this self to talk to him, he starts talking to himself. "Why art thou cast down, O my soul?" he asks. His soul had been depressing him, crushing him. So he stands up and says: "Self, listen for a moment, I will speak to you." Do you know what I mean? If you do not, you have had but little experience.

The main art in the matter of spiritual living is to know how to handle yourself. You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself. You must say to your soul: "Why art thou cast down" – what business have you to be disquieted? You must turn on yourself, upbraid yourself, condemn yourself, exhort yourself, and say to yourself: "Hope thou in God" – instead of muttering in this depressed, unhappy way. And then you must go on to remind yourself of God, Who God is, and what God is and What God has done, and what God has pledged Himself to do. Then having done that, end on this great note: defy yourself, and defy other people, and defy the devil and the whole world, and say with this man: "I shall yet praise Him for the help of His countenance, who is also the health of my countenance and my God."