

## Days of Elijah pt7 – From Breakdown To Breakthrough

Dr. John Carmichael

[Jas 5:17 NASB95] 17 Elijah was a man with a nature like ours...

[1Ki 19:1-21 NASB95] 1 Now Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. 2 Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and even more, if I do not make your life as the life of one of them by tomorrow about this time." 3 And he was afraid and arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there. 4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, "It is enough; now, O LORD, take my life, for I am not better than my fathers." 5 He lay down and slept under a juniper tree; and behold, there was an angel touching him, and he said to him, "Arise, eat." 6 Then he looked and behold, there was at his head a bread cake [baked on] hot stones, and a jar of water. So he ate and drank and lay down again. 7 The angel of the LORD came again a second time and touched him and said, "Arise, eat, because the journey is too great for you." 8 So he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mountain of God. 9 Then he came there to a cave and lodged there; and behold, the word of the LORD [came] to him, and He said to him, "What are you doing here, Elijah?" 10 He said, "I have been very zealous for the LORD, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away." 11 So He said, "Go forth and stand on the mountain before the LORD." And behold, the LORD was passing by! And a great and strong wind was rending the mountains and breaking in pieces the rocks before the LORD; [but] the LORD [was] not in the wind. And after the wind an earthquake, [but] the LORD [was] not in the earthquake. 12 After the earthquake a fire, [but] the LORD [was] not in the fire; and after the fire a sound of a gentle blowing. 13 When Elijah heard [it,] he wrapped his face in his mantle and went out and stood in the entrance of the cave. And behold, a voice [came] to him and said, "What are you doing here, Elijah?" 14 Then he said, "I have been very zealous for the LORD, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away." 15 The LORD said to him, "Go, return on your way to the wilderness of Damascus, and when you have arrived, you shall anoint Hazael king over Aram; 16 and Jehu the son of Nimshi you shall anoint king over Israel; and Elisha the son of Shaphat of Abel-meholah you shall anoint as prophet in your place. 17 "It shall come about, the one who escapes from the sword of Hazael, Jehu shall put to death, and the one who escapes from the sword of Jehu, Elisha shall put to death. 18 "Yet I will leave 7,000 in Israel, all the knees that have not bowed to Baal and every mouth that has not kissed him."

- Sometimes, powerful people of God are not ok.
- Elijah was fresh off the victories of calling fire from heaven, defeating the prophets of Baal, and praying for a drought-ending rain. Now, he is praying for God to end his life.
- God comforted Elijah and helped him overcome his breakdown to finish his purpose.

**Interrogative:** What should we consider as we overcome the breakdowns to finish God's purpose?

**Transitional:** Here are seven considerations for overcoming emotional breakdowns.

**Body (Scripture, Illustration, Argumentation, Application)**

I. Remember that powerful people deal with breakdowns.

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- a. James tells us that Elijah had a nature like ours.
- b. [2Co 1:8-11 NASB95] 8 For we do not want you to be unaware, brethren, of our affliction which came [to us] in Asia, that we were burdened excessively, beyond our strength, so that we despaired even of life; 9 indeed, we had the sentence of death within ourselves so that we would not trust in ourselves, but in God who raises the dead; 10 who delivered us from so great a [peril of] death, and will deliver [us,] He on whom we have set our hope. And He will yet deliver us, 11 you also joining in helping us through your prayers, so that thanks may be given by many persons on our behalf for the favor bestowed on us through [the prayers of] many.
- c. Just because you are dealing with an emotional breakdown, it does not mean you are weak, just human.

### II. Do not underestimate the negative effect of being unwell emotionally.

- a. V. 3-4, 9, 13 - Fear caused Elijah to run away. He wanted to die. He was not where God wanted him to be.
- b. Being unwell emotionally is not something to ignore. The enemy wants to steal what God has for you. Ignoring the problem is the fastest way to being destroyed.
- c. Jesus went to the cross for your mental health. Isaiah 53:4-5. Why? It is important.
- d. Being unwell emotionally affects your relationships and your future.
- e. Be self-aware. Be active in getting well. Be willing to get help from someone if needed. (Dr. Michael Gannon says three days.)

### III. Taking care of your physical needs is important to overcoming breakdowns.

- a. V.5-8 – He slept, ate, and drank.
- b. Taking care of your body is very important to emotional health.
- c. Eating properly. Drinking water. Sleeping. Exercising. Supplementation.
- d. And yes, on rare occasions, taking medicine is acceptable.

### IV. Learn to grow in your interaction with God.

- a. V.11-12 Elijah had to grow in his understanding of hearing God.
- b. Sometimes, God is in the fire, wind, and earthquakes. Elijah knew God in those ways. He did not know God in the gentle blowing.
- c. Allow your walk with God to grow beyond your current understanding of God.

### V. Keep your mind on His Word and call on your life.

- a. V.13 & 15-18 – He wrapped his head in his mantle. He gave himself over to what God called him to do.
- b. The mantel represents God's call on his life and, to some extent, the Word of God.
- c. [Col 3:2 NASB95] 2 Set your mind on the things above, not on the things that are on earth.
- d. You need to choose what you're thinking about to have peace.
- e. Focus on God's Word and His call on you.

### VI. Stand against the outside forces that affect your mind.

- a. V. 14 Elijah was surrounded by evil people and a demonically inspired leader (Jezebel.)
- b. Two outside forces:
  - i. Who you hang out with will affect you. Relationships with people affect you. [2Co 6:14-15 NASB95] 14 Do not be bound together with unbelievers; for what partnership have righteousness and lawlessness, or what fellowship has light with darkness? 15 Or what harmony has Christ with Belial, or what has a believer in common with an unbeliever?
  - ii. Demons affect us. [Rev 2:20 NASB95] 20 'But I have [this] against you, that you tolerate the woman Jezebel, who calls herself a prophetess, and she teaches

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and leads My bond-servants astray so that they commit [acts of] immorality and eat things sacrificed to idols.

c. Invest in relationships with Godly people and resist demons that negatively affect you.

### **VII. Take hold of God's promise of peace.**

a. Not in this passage, but implied.

b. [Phi 4:6-7 NASB95] 6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

c. God's peace is available. It will not be forced upon you. You will have to take it by force.

- **God comforts us when we have emotional breakdowns and will help us to overcome them to fulfill His purpose.**