

# September Development Guide

## SUBJECT: MENTAL/EMOTIONAL HEALTH



*“Elijah was afraid and ran for his life. When he came to Beersheba in Judah, He left his servant there while he himself went on a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. ‘I’ve had enough Lord,’ he said. ‘Take my life; I am no better than my ancestors.’” - 1 Kings 19:3-4*

Even though Elijah was a mighty man of God, who had experienced God’s power, he still struggled with depression and anxiety. Struggling with mental health does not mean that you lack faith, it just means that you are human.

**There are four mistakes that Elijah did that made his mental health worse, that we can learn from:**

### 1. We run ourselves into the ground

- We can cause the anxiety and depression by not taking care of ourselves.
- We are a three part being and we need to take care of ourselves on all three levels:
  - Body
  - Soul
  - Spirit
- Elijah ran from his problems, in an effort to avoid facing the issue.
  - If you don’t deal with your emotions, then they will try to deal with you.

### 2. He shut people out (He got rid of his servant)

- When we are struggling we tend to shut people out by not being vulnerable about our suffering.

*“Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, **but two can stand back-to-back and conquer**. Three are even better, for a triple-braided cord is not easily broken.”  
- Ecclesiastes 4:9-12 NLT*

- Strength and healing comes from bringing our struggles into the light.

### 3. He focused on the negative

- Our brains are the control towers of our lives.
  - If we have anxious thoughts then we will feel anxious.
  - If we have depressive thoughts then we will feel depressed.
  - When those thoughts come into your mind, you can take control over your thoughts.

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### 4. Elijah faced his problems while forgetting his God.

- He tried to handle things on his own
- Despite Elijah's lack of faithfulness to God, God still was faithful to him.

### 1 Kings 19:11 says:

*"The Lord God said, 'Go out and stand on the mountain in the presence Of the Lord, for the Lord is about to pass by.' Then a great and powerful wind tore the mountain apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not the fire. And after the fire came, a gentle whisper."*

- Many times we expect to hear God in the loud, but we need to look for Him in the whisper.
- God whispers because He wants to draw us into His presence.
- It's in His presence that we find what we need.

*"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." - **Philippians 4:6-7 NLT***

- Prayer and praise come before peace and they are the pathway from panic to peace.

### Discussion Questions:

1. What was your biggest takeaway from the teaching?
2. How will you apply this teaching to your life to keep your mental/emotional state, healthy?
3. What is your next steps with this?