1 Kings 16:30-33 Ahab the son of Omri did evil in the sight of the Lord more than all who were before him. It came about, as though it had been a trivial thing for him to walk in the sins of Jeroboam the son of Nebat, that he married Jezebel the daughter of Ethbaal king of the Sidonians, and went to serve Baal and worshiped him. So he erected an altar for Baal in the house of Baal which he built in Samaria. Ahab also made the Asherah. Thus Ahab did more to provoke the Lord God of Israel than all the kings of Israel who were before him.

1 Kings 17:1 “Now Elijah the Tishbite, who was of the settlers of Gilead, said to Ahab, ‘As the Lord, the God of Israel lives, before whom I stand, surely there shall be neither dew nor rain these years, except by my word.’”

1 Kings 17:2 The word of the Lord came to him, saying, “Go away from here and turn eastward, and hide yourself by the brook Cherith, which is east of the Jordan...
Habakkuk 3:17–19
17 Though the fig tree should not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls,

18 yet I will rejoice in the LORD; I will take joy in the God of my salvation.
19 God, the Lord, is my strength; he makes my feet like the deer’s; he makes me tread on my high places.

1 Kings 17:2 “Go away from here and turn eastward, and hide yourself by the brook Cherith, which is east of the Jordan...

The ravens brought him bread and meat in the morning and bread and meat in the evening, and he would drink from the brook.
1 Kings 17:13-14 Then Elijah said to her, “Do not fear; go, do as you have said, but make me a little bread cake from it first and bring it out to me, and afterward you may make one for yourself and for your son. For thus says the Lord God of Israel, ‘The bowl of flour shall not be exhausted, nor shall the jar of oil be empty, until the day that the Lord sends rain on the face of the earth.’”
1 Kings 18:1-2 "Now it happened after many days that the word of the Lord came to Elijah in the third year, saying, 'Go, show yourself to Ahab, and I will send rain on the face of the earth.' So Elijah went to show himself to Ahab. Now the famine was severe in Samaria."

1 Kings 18:17-21 When Ahab saw Elijah, Ahab said to him, "Is this you, you troubler of Israel?" He said, "I have not troubled Israel, but you and your father’s house have, because you have forsaken the commandments of the Lord and you have followed the Baals. Now then send and gather to me all Israel at Mount Carmel, together with 450 prophets of Baal and 400 prophets of the Asherah, who eat at Jezebel’s table."

1 Kings 18:22-24 Then Elijah said to the people, "I alone am left a prophet of the Lord, but Baal’s prophets are 450 men. Now let them give us two oxen; and let them choose one ox for themselves and cut it up, and place it on the wood, but put no fire under it; and I will prepare the other ox and lay it on the wood, and I will not put a fire under it. Then you call on the name of your god, and I will call on the name of the Lord, and the God who answers by fire, He is God." And all the people said, "That is a good idea."

Depression can come when something really big happens in your life and then it’s over.

1 Kings 19:1-3 Now Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. 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."

1 Kings 19:4 And he was afraid and arose and ran for his life and came to Beersheba, which belongs to Judah, and
left his servant there. 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.” He lay down and slept under a juniper tree;

Our depression often results from a lack of perspective of the whole big picture as only God can see it. We get so caught up with our problems that we cannot see anything other than our troubles.

Elijah lost sight of who God was.

Depression can happen when we lose sight of who God is.

That is easy to do when you are exhausted.

God knows we are at our limit and He is incredibly compassionate.
1 Kings 19:5-8 [Elijah] lay down and slept under a juniper tree; and behold, there was an angel touching him, and he said to him, “Arise, eat.” 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. 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.” 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.

1 Kings 19:9-10 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?”

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.”
1 Kings 19:11–13
11 “Go out and stand before me on the mountain,” the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. 12 And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper. 13 When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And a voice said, “What are you doing here, Elijah?”

2 Kings 2:11
11 As they were walking along and talking, suddenly a chariot of fire appeared, drawn by horses of fire. It drove between the two men, separating them, and Elijah was carried by a whirlwind into heaven.
15 And the Lord said to him, “Go, return on your way to the wilderness of Damascus. And when you arrive, you shall anoint Hazael to be king over Syria. 16 And Jehu the son of Nimshi you shall anoint to be king over Israel, and Elisha the son of Shaphat of Abel-meholah you shall anoint to be prophet in your place.
“Wesley died needlessly, a victim of our imbalance and misuse of the Bible. . . . All healing comes from God—medicine, nature and prayer are methods by which He accomplishes it. . . . Ample evidence exists in the Bible for the cooperation between medicine and healing by faith.”

Such actions are not steps of faith. Penicillin and insulin are themselves gifts from God.