



Healthy and Happy Seminar 14

Elijah's Battle with Jezebel! From Depression to Ascension!

When Queen Jezebel led Israel into idolatry, Elijah announced a famine and then disappeared! After three and a half years, he called for a showdown at Mt. Carmel. And when Baal's prophets failed to bring down fire, Elijah ordered their execution. Upon hearing the news, Jezebel decreed his death. The prophet fled! Then he sat under a tree, and prayed to die! His brain was affected!

1. Elijah was experiencing Depression! What is Depression?

- **Major Depression** is a mental illness that causes persistent feelings of sadness and loss of pleasure in normally enjoyable activities of life.
- **Triggers.** It is often triggered by terrible life experiences like loss, grief, divorce, domestic violence, sexual abuse, and military combat.
- **Symptoms.** Some are insomnia, excessive sleep, difficulty concentrating and making decisions, feelings of hopelessness, and thoughts of suicide.

2. To understand depression, let's take a peek into our brain function.

1. The human brain has 100 million brain cells called neurons.
2. Between these neurons, there are structures called synapses.
3. Neurons communicate with each other across these synapses.
4. And each neuron can make from 1,000 to 10,000 connections!
5. Deficiency in the functioning of transmitters causes imbalance.
6. This imbalance produces mood changes resulting in depression.

3. Elijah used five strategies to beat his depression. And so can we!

The first one is: Get Adequate Sleep.

1 Kings 19:5, 6. He was stressed out. So he lay down and _____.

- The body has a Circadian Rhythm that regulates sleeping and waking.
 - Frequent interruption of this “biological clock” can cause depression.
- Group Activity. List some steps for a good sleep? _____,
 _____, _____, _____.

4. The second strategy to beat depression is: Eat Brain Food.

1 Kings 19:6, 7. Elijah ate the divinely prepared food _____ times.

Choose the right words: tryptophan, soybeans, Omega-3, fish.

- (a) Foods that have tryptophan and _____ can help fight depression.
- (b) _____ is in tofu, flax seeds, sesame seeds, almond and walnuts.
- (c) We can get Omega-3 from some _____ like salmon and mackerel.
- (d) Omega-3 is also found in flaxseed, wheat germ, and _____.

5. Strategy number three is: Do Whole-body Exercise.

1 Kings 19:8. After he ate and slept, Elijah went on a _____ day hike!

- 1.** Aerobics combat depression by increasing serotonin levels.
- 2.** Exercise helps the body to release chemicals called endorphins.
- 3.** Endorphins trigger positive feelings which combat depression.
- 4.** The minimum recommended time is twenty minutes per day.

6. Here is our fourth strategy: Get Cognitive Behavior Therapy.

Choose the right words: behavior, distorted, changing.

- (a) One of the biggest causes of Major Depression is _____ thinking.
- (b) Cognitive Behavior Therapy aims at _____ the way we think.
- (c) Changing the thoughts will help to change the _____.

1 Kings 19:9. God confronted Elijah’s negative thinking. He asked a _____.

7. Strategy number five is: Listen to the Voice of God!

1 Kings 19:12. Then God spoke to Elijah in a still small voice.

Today God still speaks to us in the “still small voice” of Scripture. His Word can bring “joy and rejoicing” to our hearts (Jer. 15:16).

Attention! Persons with chronic depression need medication! However, the more we use God’s five-point plan, the less medication we will need!





8. At the end of their struggle, Elijah and Jezebel had different outcomes!

2 Kings 9:30, 33-36. Her body was eaten by _____.

2 Kings 2:11. He went on a space trip to _____.

Elijah moved from Depression to Ascension!

9. Today, we must make a choice: Stand with Jezebel or stand with Elijah!

- Stand with Jezebel: Salvation man's way! Live as I please!
- Stand with Elijah: Salvation God's way! Accept the Blood of Jesus.
- Stand with Jezebel: Worship man's way! Sunday or any other day!
- Stand with Elijah: Worship God's way! Worship on His Sabbath Day!
- Stand with Jezebel: No surrender! Reject Baptism!
- Stand with Elijah: I surrender all! I accept Baptism!

10. Soon Jesus is coming again! And each of us will be in the Camp of Elijah or the Camp of Jezebel! Elijah's Camp will experience ascension!

1 Thessalonians 4:16, 17, Revelation 20:4.

1. God's people who are dead will be resurrected.

2. God's people who are alive will be translated.

3. All God's people will go to heaven and live there forever.

11. On the other hand, what will become those in the Jezebel Camp?

Choose the right words: tempt, fall, stay.

(a) Satan's people who are alive will _____ down dead! (2 Thess. 2:8).

(b) Satan's people who are dead will _____ dead. (Rev. 20:5).

(c) Satan will be "bound" on earth with nobody to _____. (Rev. 20:2).

12. At the close of that Millennium, dramatic events will take place!

Revelation 20:7-9. True or False?

1. Those in the Jezebel Camp will be resurrected from the dead.

2. Satan will be "loosed" and will marshal them for battle.

3. Fire will fall from heaven and devour the worst of them.



13. When the fire is over, God will create a New Earth with a glorious city!

Read Revelation 21:11-12, 19-21. Its walls are of jasper, its foundations have precious stones, its twelve gates are pearls, its streets are pure gold!

14. Everything will be made new!

Revelation 21: 4. No more sickness or suffering! No more oppression or depression! No more pain or death! We'll be Healthy and Happy eternally.

15. But the greatest glory will be to see the face of Jesus!

Revelation 22:4. I want to see His face, and receive His name.

Habakkuk 3:4. I want to behold the nail prints in His hands!

Mark 16:16. I want to live with Jesus in the city then. So I will be baptized like Jesus in the water now.

My Choice.

- I will use the five God-given strategies to beat Depression.
- I reject being in the Jezebel Camp. I choose to be in the Elijah Camp.
- I want to live with Jesus then. So I will be baptized like Jesus now.

Check Your Answers. 2. 1F [100 billion], 2T, 3T, 4F [1,000 to 200,000], 5T, 6T, 5. 40-day, 1T, 2T, 3T, 4F [30 minutes]. 10. 1T, 2T, 3F [1,000 years]. 12. 1T, 2T, 3F [all of them].

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