



I. REVIEW/INTRO

- A. Jesus warned us about the cares of this life
- A reflection of our inability to simply balance all the competing demands of life

3 John 1:2 (NKJV) Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

- B. Mental health and a prosperous soul
- **Mental health includes our emotional, psychological, and social well-being**
 - **It affects how we think, feel, and act**
 - **It also helps determine how we handle stress, relate to others, and make choices**

Proverbs 4:23 (GNT) Be careful how you think; your life is shaped by your thoughts.

- C. A bent soul

Lamentations 3:19-20 (NASB) ¹⁹Remember my misery and my homelessness, the wormwood and bitterness. ²⁰My soul certainly remembers, and is bent over within me.

- **Evangelical Heritage Version: “My soul always remembers, and it has sunk within me.”**
- **Christian Standard Bible: “I continually remember them and have become depressed.”**
- **Living Bible: “For I can never forget these awful years; always my soul will live in utter shame.”**

II. THE PROPHET ELIJAH

- A. Elijah hit the wall
- Scholars say Elijah experienced stress, anxiety, depression, and exhaustion

1 Kings 19:3-5a (NIV) ³Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. “I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors.” ⁵Then he lay down under the bush and fell asleep...

- B. How did Elijah get into this condition?
- He was running for his life
 - He was trying to do it all alone
 - He was dwelling on the negative

- C. God shows up

1 Kings 19:5-6 (NIV) ⁵Then he lay down under the bush and fell asleep. All at once an angel touched him and said, “Get up and eat.” ⁶He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

III. THE MIRACLE OF THE WHISPER



A. The miracle of the whisper

- He's rested and eaten and now God says, "I have something more for you."

1 Kings 19:11-12 (NIV) ¹¹ The Lord 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 mountains 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. ¹² After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.

- God wasn't in the extraordinary but in the ordinary
- Elijah ate and then he heard

B. How's your diet?

Lamentations 3:20-23 (NLT) ²⁰ I will never forget this awful time, as I grieve over my loss. ²¹ Yet I still dare to hope when I remember this: ²² The faithful love of the Lord never ends! His mercies never cease. ²³ Great is his faithfulness; his mercies begin afresh each morning.

C. Sing before you see

- I have nothing new to sing about
- It's like life is against me

Isaiah 54:1 (NIRV) "Jerusalem, sing! You are now like a woman who never had a child. Burst into song! Shout for joy! You who have never had labor pains, you are now all alone. But you will have more children than a woman who still has a husband," says the Lord.

- Just because you don't currently see it doesn't mean you'll never have it
- There may be times you'll have to sing before you see

Isaiah 61:1-3 (NKJV) "The Spirit of the Lord God *is* upon Me, Because the Lord has anointed Me to preach good tidings to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to *those who are* bound; ² to proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all who mourn, ³ to console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the Lord, that He may be glorified."

Habakkuk 3:17-19 (NLT) ¹⁷ Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, ¹⁸ yet I will rejoice in the Lord! I will be joyful in the God of my salvation! ¹⁹ The Sovereign Lord is my strength! He makes me as surefooted as a deer, able to tread upon the heights.