Tough Times

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Plain and simple, tough times can cause situational depression! Elijah kne all about it! You can find the details in 1st Kings 19.

His situation was bad. Here is what he said in verse 4, “I have had enough … Take my life …” Elijah was discouraged, dejected and felt like an absolute failure! He had been through the wringer! Have you ever been there before? NOW, PLEASE HEAR THIS! That situation had nothing to do with Elijah’s relationship with God. He loved God. Elijah was not a bad person. Elijah was just a person! He was up and then he was down, and this down had him very down! Elijah displayed all of the classic symptoms of a situationally depressed person: withdrawal, moodiness, selfpity, anger, irritability, wrong thinking, and physical exhaustion to name just a few. Are you there today?

Situational depression takes a toll! Again, not because we are bad people, but because we are people! Situational depression often causes cynicism! A cynic is described as someone who shows or expresses a bitterly or sneeringly doubtful, sarcastic or discouraging attitude not just about some matters, but about every matter. Solomon was a cynic at times. He once said this in Ecclesiastes 1:2, “Meaningless! Meaningless! ...Utterly meaningless! Everything is meaningless.”

Cynics see the bad or the impossible in every situation because their individual situations have cornered them into that frame of mind. A cynic has been consumed by a problem, instead of being consumed by his or her God. Have you ever been there before? Folks, get your eyes off of your problems and put them on God! That sounds so simple……but we all know that it is not. So, what is the answer? “Let us all lift our eyes to the hills … the place where our help comes from. Our help comes from the Lord … The maker of heaven and earth.” This is what I know, “Tough times do not last, but tough people do … because God is tougher than what we thought was rougher!”

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