



THE BOOK OF
GENESIS

REAPING A HARVEST OF LIES

GENESIS 27:30-46

The powerful life lesson and spiritual law that you will reap what you sow (**Gal. 6:7-8**)

What did Isaac sow? Bitterness, hatred, anger, family strife, jealousy, death threats, suicidal tendencies, and depression to the tenth degree.

- All of it could have been avoided.
- All of it the result of reaping the harvest of lies!

Esau in devastating despair/depression

A RECIPE FOR DEPRESSION!

- Isaac had fear and trembled greatly because his own deception had caught up with him. **v. 30-33**
- Isaac had birthed a generation of lying sons!
- Agony and sorrow set in; Esau wept and begged for a blessing, but was not the man God could bless. **v. 34-40**
- Blame-shifting is also a path to depression because you cannot fool yourself or God!

NOW DEPRESSION SETS IN v. 41-45

What did the lies bring to Isaac's family?

- Bitterness
- Hatred
- Anger
- Family strife
- Jealousy
- Death threats and thoughts of violence
- Suicidal tendencies and depression

LESSONS FROM A DEPRESSED PROPHET

1 Kings 18:40-19:21

- News report: Life can be difficult!
- Mentally, physically, emotionally, and spiritually, the prophet is worn out; he is fried!
- This threat from Jezebel was real and not simply imagined; he has real enemies with real power.
- The fear he had was real; he was terrified. Elijah even had thoughts of death and demise.

1 Kings 19:4

SOME GENERAL SYMPTOMS OF DEPRESSION

- A depressed person has feelings of hopelessness, despair, sadness, and apathy.
- They lose perspective on life, work, family, and friends.
- Abrupt changes in physical activities, appetite, sleeping, hobbies, and normal sexual desire
- There is a withdrawal from others because of a groundless fear of being rejected, which brings on some rejection by others.

WHAT CAUSED ELIJAH'S DEPRESSION

1. Elijah was not thinking realistically.
2. He left God out of the picture.
3. Elijah had separated himself from his support spiritually.
4. Elijah was on the heels of a great triumph.
5. Elijah was physically exhausted and emotionally spent.
6. Elijah had fallen into the “poor me” trap.

1 Kings 19:4

BIBLICAL SOLUTIONS FOR DEPRESSION

1 Kings 19:5-21

- 1.** God tells Elijah to get some rest and refreshment.
- 2.** God helps Elijah communicate his feelings.
- 3.** God reminds Elijah that he is not alone.
- 4.** God keeps Elijah talking while he is healing.
- 5.** God provides Elijah with a close friend to confide in.
- 6.** God becomes the center of Elijah's life again; Elijah gets refocused. **Isa. 26:3**

The cure is more of Him and less of me!