

Learning from history: Post revival depression

Preparing for post revival depression (Elijah in the cave, mental well-being, rest, assistance and the cyclical nature of history. Creation is groaning).

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About me

Who am I and how did the Lord bring me to this point where I am about to deliver to you a warning from the Lord Jesus to help you if possible, escape depression which often comes when you are doing the Lord's work? How did the Lord entrust me with his message when I was formerly untrustworthy?

So, I experienced personal revival in March 2017 and I got baptised shortly after this. My life changed when after 20 years of living a wild life as a prodigal son the Son of God visited me and I had a radical encounter. Previously, I claimed to be a Christian and could even recite bible verses but I was a hypocrite living contrary to God's righteous requirements. I was very sexually promiscuous, greedy, drunk a lot of alcohol and lived a hedonistic life among my other many, many sins.

After getting saved, which happened from reading the bible daily for about 3 months, I continued to sit at the feet of my Master Jesus and after some time, he commissioned me as a preacher of righteousness and for a number of years now he has given me his words or "oracles" and that is how towards the end of 2021, the Lord commissioned me to prepare a series of 12 messages called "catch the revival". For each message, he gave me the title and the core content the message was to focus on. I then did the research, aided by his Holy Spirit. I am excited that God has been faithful to me thus far in helping me and this message is message #7 in this life changing series.

About this message

For this message, the Lord wants me to use the life of a mighty prophet called Elijah to help you and I learn the following from history:

1. The cyclical nature of the pattern of this evil world and the related persecution of the saints which leads to depression.
2. How to deal with the depression that often follows a great revival through the principles of rest and getting assistance among other spiritual well being principles.

About Elijah

Elijah, was a mighty prophet before the Lord and his miracles seemed almost non-human **as we are going to see**. Yet the bible says this about him: *Elijah was a man with a nature like*

ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. James 5: 17 (ESV).

Because Elijah was also a man just like you and I, the Lord Jesus has asked me to use his story to open your eyes to what can happen during a season of revival.

We are going to see that after performing a mighty miracle of making fire to come down from heaven, instead of good things coming to him, like the fairy tales “and they lived happily thereafter”, instead we will find Elijah in a cave, exhausted and wanting to die. The bible says this about this time:

And there he went into a cave, and spent the night in that place; and behold, the word of the LORD came to him, and He said to him, “What are you doing here, Elijah?” (1 Kings 19: 9, NKJV)

How did Elijah, mighty prophet of revival come to be in a cave so exhausted?

In the year that Elijah the prophet “suddenly” appeared before the king of Israel, sin had fully matured and God was finally ready to take judgment but to see this, I will share a little bit of bible history to build you up to how evil fully matures.

After Israel became divided, the Northern Kingdom, in which we will find Elijah kept on producing wicked kings, one worse than the otherⁱ.

- **David**, the “man after God’s heart”, the one who killed Goliath was righteous. He begot Solomon. He was ruler of a united Israel.
- **Solomon** son of David was wise. He built a magnificent temple for God but Solomon had many 700 wives and 300 concubines, some of whom led him astray with worship of other gods beside the Lord. Solomon begot Rehoboam.
- **Rehoboam** son of Solomon didn’t listen to his father’s wise advisers. Because of this, under him the kingdom split. The northern one with 10 tribes became called “Israel” and the southern one with the 2 remaining tribes of Judah and Benjamin became called “Judah”. Jesus our master came from the tribe of Judah, the Lord preserving this lineage for the sake of his faithful servant David.
- **Jeroboam** arose from this Northern Kingdom as the first King of Israel (the Northern Kingdom). He wasn’t from the Davidic line. Jeroboam ruled for 22 years but started the evil lineage of the kings of Israel which often made God mad. About him God said: *“But you have done more evil than all who were before you, for you have gone and made for yourself other gods and molded images to provoke Me to anger, and have cast Me behind your back— therefore behold! I will bring disaster on the house of Jeroboam, and will cut off from Jeroboam every male in Israel, bond and free; I will take away the remnant of the house of Jeroboam, as one takes away refuse until it is all gone. The dogs shall eat whoever belongs to Jeroboam and dies in the city, and the birds of the air shall eat whoever dies in the field; for the Lord has spoken!”* I Kings 14:9-11 NKJV
- **Nadab**, then became King. He wasn’t Jeroboam’s son and he reigned 2 years. He was killed by his successor Basha. About him the bible says: “And he did evil in the sight of

the Lord, and walked in the way of his father, and in his sin by which he had made Israel sin." I Kings 15:26 NKJV

- **Baasha** another evil king reigned 24 years. *"He did evil in the sight of the Lord, and walked in the way of Jeroboam, and in his sin by which he had made Israel sin."* I Kings 15:34 NKJV God also said this about him: *"Inasmuch as I lifted you out of the dust and made you ruler over My people Israel, and you have walked in the way of Jeroboam, and have made My people Israel sin, to provoke Me to anger with their sins, surely I will take away the posterity of Baasha and the posterity of his house, and I will make your house like the house of Jeroboam the son of Nebat. The dogs shall eat whoever belongs to Baasha and dies in the city, and the birds of the air shall eat whoever dies in the fields."* I Kings 16:2-4 NKJV.
- **Elah**, son of Baasha ruled for 2 years. He was killed by his army commander Zimri whilst committing evil - drinking himself drunk. *"Now his servant Zimri, commander of half his chariots, conspired against him as he was in Tirzah drinking himself drunk in the house of Arza, steward of his house in Tirzah."* I Kings 16:9 NKJV.
- **Zimri** the murderer of Elah ruled only 7 days. He died by committing suicide. *"And it happened, when Zimri saw that the city was taken, that he went into the citadel of the king's house and burned the king's house down upon himself with fire, and died, because of the sins which he had committed in doing evil in the sight of the Lord, in walking in the way of Jeroboam, and in his sin which he had committed to make Israel sin."* I Kings 16:18-19 NKJV.
- **Omri** ruled for 12 years. He captured the throne following civil war. About this Omri the bible says: *"Omri did evil in the eyes of the Lord, and did worse than all who were before him. For he walked in all the ways of Jeroboam the son of Nebat, and in his sin by which he had made Israel sin, provoking the Lord God of Israel to anger with their idols."* I Kings 16:25-26 NKJV. Omri begot Ahab.
- **Ahab** son of Omri ruled for 22 years and he was very wicked, the bible says this about him: *"Now Ahab the son of Omri did evil in the sight of the Lord, more than all who were before him. And it came to pass, as though it had been a trivial thing for him to walk in the sins of Jeroboam the son of Nebat, that he took as wife Jezebel the daughter of Ethbaal, king of the Sidonians; and he went and served Baal and worshiped him. Then he set up an altar for Baal in the temple of Baal, which he had built in Samaria. And Ahab made a wooden image. Ahab did more to provoke the Lord God of Israel to anger than all the kings of Israel who were before him."* I Kings 16:30-33 NKJV

This Ahab was so wicked, it wasn't enough that the bible said he was wicked one time, together with his wife Jezebel, a second time the bible says this about his wickedness:

"But there was no one like Ahab who sold himself to do wickedness in the sight of the Lord, because Jezebel his wife stirred him up. And he behaved very abominably in following idols, according to all that the Amorites had done, whom the Lord had cast out before the children of Israel." I Kings 21:25-26 NKJV

As for this Baal worship, it was rooted in sensuality and involved ritualistic prostitution in the temples. At times, appeasing Baal required human sacrifice, usually the firstborn of the one making the sacrifice.ⁱⁱ

Now this Jezebel had 950 prophets of Baal and she was their patron. Like a patron saint of evil. She was so zealous for Baal, she was always on the hunt to kill the Lord's prophets so much that a palace administrator had to hide 100 prophets of the Lord, not killed by Jezebel in a cave (read 1 Kings 18: 4 and 19). There was therefore really an increase in sexual immorality and idolatry in the land as these prophets would have been teaching people how to worship Baal and this included sexual immorality and that's why Jezebel is connected with sexual immorality and why the Lord was so provoked by Ahab and his evil wife Jezebel.

It is to this Ahab, the husband of Jezebel that the Lord sent his holy prophet Elijah, who suddenly appears on the scene in the bible, without previous mention. The bible introduces Elijah thus:

"And Elijah the Tishbite, of the inhabitants of Gilead, said to Ahab, "As the Lord God of Israel lives, before whom I stand, there shall not be dew nor rain these years, except at my word.""
I Kings 17:1 NKJV

Elijah was a man full of the Spirit and of power. This Elijah's long list of miracles by the Spirit of God after God revealed him to Ahab and Israel include the following:

1. **Ravens feed him bread and meat twice a day.** *"So he went and did according to the word of the Lord, for he went and stayed by the Brook Cherith, which flows into the Jordan. The ravens brought him bread and meat in the morning, and bread and meat in the evening; and he drank from the brook."* I Kings 17:5-6 NKJV <https://bible.com/bible/114/1ki.17.5-6.NKJV>
2. **There is never ending flour and oil for a widow of Zarepath.** *"For thus says the Lord God of Israel: 'The bin of flour shall not be used up, nor shall the jar of oil run dry, until the day the Lord sends rain on the earth.'"* I Kings 17:14
3. **He raised from death to life the son of the widow of Zarepath.** *"And Elijah took the child and brought him down from the upper room into the house, and gave him to his mother. And Elijah said, "See, your son lives!"* I Kings 17:23 NKJV <https://bible.com/bible/114/1ki.17.23.NKJV>
4. **Several times he disappeared by the Spirit of God from place to place!** *"And now you say, 'Go, tell your master, "Elijah is here!"' And it shall come to pass, as soon as I am gone from you, that the Spirit of the Lord will carry you to a place I do not know; so when I go and tell Ahab, and he cannot find you, he will kill me. But I your servant have feared the Lord from my youth."* I Kings 18:11-12 NKJV.
5. **Fire of the Lord from heaven and burned up a sacrifice after Elijah prayed on mount Carmel.** *"Hear me, O Lord, hear me, that this people may know that You are the Lord God, and that You have turned their hearts back to You again." Then the fire of the Lord fell and consumed the burnt sacrifice, and the wood and the stones and the dust, and it licked up the water that was in the trench."* I Kings 18:37-38 NKJV
6. **He prayed 7 times for rain at the end of 3 and a half years, God heard him and sent rain.** *"Then it came to pass the seventh time, that he said, "There is a cloud, as small as a man's hand, rising out of the sea!" So he said, "Go up, say to Ahab, 'Prepare your chariot, and go down before the rain stops you.'"* I Kings 18:44 NKJV

7. **He is supernaturally carried by the Lord to run faster than a horse, in front of Ahab (hence a forerunner).** *“Then the hand of the Lord came upon Elijah; and he girded up his loins and ran ahead of Ahab to the entrance of Jezreel.” I Kings 18:46 NKJV.*

The climax of miracles above is, the one where on top of mount Carmel there was a climax of an epic contest between good and evil where he as just one prophet vs 950 prophets of Baal caused fire to come down from heaven to prove that God alone is the Lord. He **thereafter had the prophets of Baal slaughtered. There were 950 of them) that. Instead of good triumphing over evil and we all live “happily thereafter”**, we instead find this Elijah, mighty man of God running and hiding from that evil woman, Jezebel.

This is what the bible says about the core passages of our story:

“Then Jezebel sent a messenger to Elijah, saying, “So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time.” And when he saw that, he arose and ran for his life, and went 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 broom tree. And he prayed that he might die, and said, “It is enough! Now, LORD, take my life, for I am no better than my fathers!” Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, “Arise and eat.”

Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. And the angel of the LORD came back the second time, and touched him, and said, “Arise and eat, because the journey is too great for you.” So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God. And there he went into a cave, and spent the night in that place; and behold, the word of the LORD came to him, and He said to him, “What are you doing here, Elijah?” So he said, “I have been very zealous for the LORD God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.” I Kings 19:2-10 NKJV.

It is to this Elijah who despite wanting to die, was given the food of angels so to speak, food which strengthened him for another 40 days to go seek the Lord’s counsel.

What did Elijah learn in the cave?

This is how the Lord revealed himself to Elijah in the cave:

Then He said, “Go out, and stand on the mountain before the LORD.” And behold, the LORD passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; and after the earthquake a fire, but the LORD was not in the fire; and after the fire a still small voice. So it was, when Elijah heard it, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice came to him, and said, “What are you doing here, Elijah?” 1 Kings 19: 11-13 (NKJV).

As I pondered this passage, I realized what the Scriptures mean when they say that:

It's Not by might (wind), nor by Power (earthquake and fire) but by my Spirit (still small voice), says the Lord (Zechariah 4: 6 NJKV).

This is the revelation the Lord brought to me when I asked him to show me what we could learn from the Elijah's depression and fatigue.

After Elijah repeated his earlier complaint to the Lord, this is the Lord's revelation to him (in his still small voice):

"Then the Lord said to him: "Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael as king over Syria. Also you shall anoint Jehu the son of Nimshi as king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint as prophet in your place. It shall be that whoever escapes the sword of Hazael, Jehu will kill; and whoever escapes the sword of Jehu, Elisha will kill. Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him.""

1 Kings 19:15-18 NKJV

Core lesson (pay attention to this the most)

This revelation from God to Elijah is so critical it is the basis on which this entire message from the Lord hangs so pay attention to learn the lesson to understand what the revelation means in practice.

To know the lesson, we need to understand why was Elijah was so depressed to the point of death and then we will learn how the revelation of the Lord helped him. I learnt this revelation from the Lord as I spent almost an entire night wrestling to understand the revelation until the Lord brought it to me about 5.00 am one night. I woke up early and wrote it down, leaving my wife wondering why I rushed out of bed early in the morning! I didn't want the revelation of the Lord to fade away. So here it is!

1. Why was Elijah so depressed that he wanted to die?

He wanted to die most likely because of crushed expectations.

Elijah the prophet full of zeal for the Lord likely expected that at the climax of his battle against the forces of evil, after the people saw the fire of God and then he slaughtered the 950 false prophets of Baal, perhaps then the evil would be purged from the land and Jezebel would be destroyed and revival would continue to bring the Lord's righteousness.

Instead, the opposite happened! the evil woman Jezebel (who was really the power behind the throne of Ahab, the one who teaches the Lord's people to commit sexual sin (Revelation 2:20), wasn't destroyed but was still very much alive and seemingly even stronger so much that she had the power to kill the prophet of the Lord, despite the miracles she heard about.

Back to the Lord's revelation.

The Lord's revelation to him to make 3 appointments – Hazael, Jehu and Elisha; 2 Kings and 1 Prophet was showing him that the problem of evil, the evil of Jezebel and her husband Ahab would take longer than he expected to remove – BUT he would be part of it, having started it as a forerunner. Thank God who doesn't leave us the same.

Also the Lord's revelation to him that there were 7,000 others who were faithful to God and hadn't worshipped Baal would give Elijah encouragement that he wasn't alone in the work, there were secret allies who had the same zeal for God as he. These could be his source of encouragement.

2. What does the revelation of the Lord mean for us?

This revelation of the Lord also means that often times we need to remember that the race we are on is not solo but we are part of a team.

Elijah thought he was alone, the Lord was showing him that there were others.

For you and I, it means that we don't get lazy, but instead think of it like a relay race.

In a relay, everyone must run hard to do their part, because if they don't, the baton they pass on to the next person might mean they don't win the race. Therefore, when the bible says in Hebrews 12:1 that "run with endurance the race set before you" look at it in the sense that the Lord has given each of us a work to do, but this work is part of a relay with others. Run your part, then hand over to another because it's only when everyone runs well and with endurance that we win the greatest crown, Our Lord Jesus coming and we celebrate his day.

This is the secret to running your race – while at the same time remembering that we are one body of Christ and not running alone.

3. Where else do we see this pattern of post revival depression?

The bible says this:

We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Romans 8: 22 (NIV).

This means in our world with sin, what we experience is like in the pains of child birth, Now we know that during labour, a woman's birth pains come in cycles or phases, each pain, each contraction worse than the one before – until the baby comes.

This means the Elijah post revival depression pattern will be repeated until the day of the Lord and this is the pattern the Lord wants us to see, which he showed to me. This pattern, by the way of post revival depression is often caused by persecution and so I am not dealing with the mental illness type of depression. This pattern is not only in the bible but is also repeated in church history and we will see examples of both.

John the Baptist (post revival depression pattern #1)

The Lord gave me the revelation that Elijah's story had similar echoes to John the Baptist and I will summarize this quickly:

When John was born, his birth was both foretold by an Angel and his father prophesied over him.

He will go on before the Lord, in the spirit and power of Elijah, to turn the hearts of the parents to their children and the disobedient to the wisdom of the righteous—to make ready a people prepared for the Lord, Luke 1: 17).

John was therefore the one who would prepare the way for the messiah. In the Jewish understanding, it seems they had wrong expectations. To them, the Messiah's coming, would mean the day of the Lord would come immediately. They probably thought that as soon as the Messiah came, the DAY Of the Lord would come and then it would be the end of all suffering. They would receive their kingdom back and their enemies would be humbled.

John likely thought this and so when he announced that Jesus was the Messiah, he likely expected that the end had come, for the day of the Lord had come, as he had been sent!

Instead, John ended up in prison – at the hand of Herodias (a Jezebel like woman) and Phillip (an Ahab like King). History repeated itself.

Elijah had ended up in a cave, depressed, John ended up in a prison depressed, both of them, there due to persecution of righteous men of God at the hands of evil ruler. This is how John ended up asking Jesus:

“Are you the One we’ve been waiting for, or are we still waiting?”

Are you the Messiah we’ve been expecting, or should we keep looking for someone else?”
(Matthew 11: 3, NLT).

This was very strange because John himself had said this about Jesus and being the Messiah:

I myself did not know him, but the reason I came baptizing with water was that he might be revealed to Israel.”

Then John gave this testimony: “I saw the Spirit come down from heaven as a dove and remain on him. And I myself did not know him, but the one who sent me to baptize with water told me, ‘The man on whom you see the Spirit come down and remain is the one who will baptize with the Holy Spirit.’ I have seen and I testify that this is God’s Chosen One.” John 1: 31- 33 (NIV).

The full story of how John ended up in doubt about Jesus is below:

“John, meanwhile, had been locked up in prison. When he got wind of what Jesus was doing, he sent his own disciples to ask, “Are you the One we’ve been expecting, or are we still waiting?” Jesus told them, “Go back and tell John what’s going on: The blind see, The lame walk, Lepers are cleansed, The deaf hear, The dead are raised, The wretched of the earth learn that God is on their side. “Is this what you were expecting? Then count yourselves most blessed!” When John’s disciples left to report, Jesus started talking to the crowd about John. “What did you expect when you went out to see him in the wild? A weekend camper? Hardly. What then? A sheik in silk pajamas? Not in the wilderness, not by a long shot. What then? A prophet? That’s right, a prophet! Probably the best prophet you’ll ever hear. He is the prophet that Malachi announced when he wrote, ‘I’m sending my prophet ahead of you, to make the road smooth for you.’ “Let me tell you what’s going on here: No one in history surpasses John the Baptizer; but in the kingdom he prepared you for, the lowliest person is ahead of him. For a long time now people have tried to force themselves into God’s kingdom. But if you read the books of the Prophets and God’s Law closely, you will see them culminate in John, teaming up with him in preparing the way for the Messiah of the kingdom. Looked at in this way, John is the ‘Elijah’ you’ve all been expecting to arrive and introduce the Messiah.”

Matthew 11:2-14 MSG

Thank God again he doesn’t leave us in our state of depression. Right after Jesus gave John a new revelation that *“the blind see, the dead are raised”* He then asked John an important question: *“Is this what you were expecting?”*

Isn’t this similar to God asking Elijah: “What are you doing here Elijah?” Jesus seemed to be asking John: “What are you doing in this mental state of mind of doubt John?”

Jesus was showing that John’s expectation was partially wrong – hence his depression or discouragement (or Elijah’s burn out), but God is gracious!

Right after correcting John on his expectation, he confirmed to the crowd (most likely with John later hearing about it), that John was indeed “Elijah”.

The correction of expectation was that indeed, the Day of the Lord had come, as John was Elijah BUT, it doesn’t come as we expect, in an instant. You see to the Lord, a day is like a thousand years and a thousand years is like a day, so the day of the Lord indeed comes but it might not fit what we think.

Connected to this, we today often get burnt out because we don’t have the right expectations when we do the Lord’s work, including during a revival.

Mizo outpouring in India – 1906 (post revival depression pattern #2)ⁱⁱⁱ.

News of the Welsh revival caused many Christian missionaries in the Khasi hills of India to pray for revival. This revival resulted in an end to Paganism. News of that indigenous Indian revival stimulated interest in revival among the Mizo Christians in Lushai, India. Revival then begun but difficult days came. Pagan village chiefs responded to the threat from the revival by severely persecuting the church. Christians were awakened at midnight and driven into the jungle by angry neighbors. The 1907 persecution was followed by a “revival of paganism” that mocked the Christian revival with its own pagan hymns and festivals.

This antirevival, says one report, “spread like wildfire, with demonstrations in every village.” Church leaders despaired as they saw their congregations decline under intense persecution.

In the winter of 1911-12, the flowering bamboo attracted hordes of rats. The rats devoured the stores of grain and the grain growing in the fields almost overnight. People subsisted on roots. Multitudes died of starvation, while others poured out of the hills to the plains, looking for something to eat.

Missionaries responded with help. Relief offerings were collected in Wales and distributed throughout the Mizo church. Despite the persecution they had experienced, the Mizo Christians chose to share their food ungrudgingly with their hungry pagan neighbors.

These acts of kindness demonstrated in the midst of distress brought an end to the pagan revival and created a renewed interest in the Christian gospel. In 1913, revival fires were rekindled. The Mizo church was once again energized for evangelistic ministry. Six years later, according to one account, “an even greater revival broke out,” rapidly sweeping through the region and impacting the neighboring states of Tipperah and Manipur.

Applying the Lord’s lessons on post revival depression to our lives

For our mental well-being including in doing the Lord’s work, which might not be directly connected to revival, we might need to realize that:^{iv}

- **God’s work does seem to have problem after problem, roadblock after roadblock,** but God will eventually make the crooked paths straight, he will level the mountains and obstacles, but sometimes it takes time and there are no short cuts. Having this right perception can help you endure. Knowing roadblocks come, will help you know that IT IS NORMAL to FACE OPPOSITON. IT IS NORMAL FOR IT TO BE DIFFICULT.
- **God’s work takes time and might not be in line with our expectations.** Elijah and John like many of us, think the problems of this world will be resolved like a magic wand, as the fairy tales show. But no, building his magnificent and eternal temple takes time – but we can have comfort that he has told us the end - it will be beautiful. The Lord’s people will be a bride perfect – *without wrinkle, without blemish (Ephesians 5: 27)*. With this assurance, we can trust the Lord, that even when it looks different from our initial expectations. IT’S THEREFORE OKAY TO BE WRONG ABOUT WHAT WE EXPECT GOD TO DO. He might not do it our way, in our time, in the level of detail we expected, but the ultimate vision will be as he told us – that he is coming soon and so we should prepare his way, faithfully, without burning out, following our crushed expectations.
- **God’s work continually requires his Spirit.** Elijah and John indeed operated under the Spirit, but the bible was written for our instruction in these last days so we can learn that it is normal to come under the attack of fear and doubt but once again, it’s by the Spirit that we prevail and nothing else.

The Lord of hosts gave us the scriptures and history as well for our warning and our teaching and in this season is reminding us, that:

1. **The enemy will raise up evil men and women like Ahab and Jezebel.** God will in response in these last days raise up mighty men and women to encounter the evil. These are the modern day Elijahs, of which some of you are. The Lord has given you the spirit of Elijah. Be strong and courageous for the Lord is with you wherever you go (Joshua 1: 19), yes, even there where Satan has his throne. Even when you are martyred like Antipas the faithful witness of Jesus (Revelation 2: 13).
2. **You will need to recognise that you are not alone in your work.** The Lord gave the church for the strengthening of the saints. Don't go alone in your work. This is a lesson to learn. There are 7,000 who haven't bowed to the evil. There are 100 prophets with you.
3. **Doubt and fear will likely creep into your work, especially as you reach the peak.** Much of this caused by persecution against your zeal for the Lord. You will probably find yourself in a cave – but this is NORMAL. For the Apostle Paul says so himself:

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. 2 Corinthians 4: 8-9 (NIV).

4. **You need to rest while doing work of the ministry so that you don't get burnt out.** This rest is initiated by the Lord. It's he who led Elijah to the cave for 40 days, to find him on the mountain of the Lord. This rest doesn't mean you do nothing, no this rest means you recognize that some things might take longer than you expected. Resting also means trusting the Lord during the tough times - the persecution which can lead to depression or the burn out which comes from working hard for the Lord.

About this Paul again says this:

We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. 2 Corinthians 1: 8-9 (NLT).

5. **Identify successors/helpers, people who can help you carry the load.** You need an Elisha especially if in ministry leadership.
6. **If you are tired, return to the place of your first love.** How was Elijah refreshed? he was alone with God on the Holy Mountain. Separate yourself from the crowd that you might rest a little with the Lord. David strengthened himself in the Lord (1 Samuel 30:6) and he also wrote: "when I'm afraid I will trust in you (Psalms 56:3)". These are your shields during post revival depression.

Epilogue: What happened to Elijah after his season of depression?

1. **Two (2) more times fire from God came down at his command.** It consumed a captain and his 50 soldiers. *“So Elijah answered and said to the captain of fifty, “If I am a man of God, then let fire come down from heaven and consume you and your fifty men.” And fire came down from heaven and consumed him and his fifty.” II Kings 1:10 NKJV*
“So Elijah answered and said to them, “If I am a man of God, let fire come down from heaven and consume you and your fifty men.” And the fire of God came down from heaven and consumed him and his fifty.” II Kings 1:12 NKJV
2. **He was suddenly taken up into heaven, in a chariot of fire.** *“Then it happened, as they continued on and talked, that suddenly a chariot of fire appeared with horses of fire, and separated the two of them; and Elijah went up by a whirlwind into heaven.” 2 Kings 2: 11 (NKJV).*
3. **He appeared many hundreds of years later in the transfiguration of Jesus, with Moses** *“Now after six days Jesus took Peter, James, and John his brother, led them up on a high mountain by themselves; and He was transfigured before them. His face shone like the sun, and His clothes became as white as the light. And behold, Moses and Elijah appeared to them, talking with Him. Then Peter answered and said to Jesus, “Lord, it is good for us to be here; if You wish, let us make here three tabernacles: one for You, one for Moses, and one for Elijah.” Matthew 17:1-4 NKJV*

In these last days, we can expect that the Lord will repeat the pattern of history. Many Elijahs and Johns will arise because we can expect that as evil will increase until that ultimate day of battle against evil, the Lord will in the meantime send mighty ones to go before him, to prepare the way.

The Lord could even raise you.

An Elijah, who ‘suddenly’ appears on this deplorable state of the world. This world which desperately needs reform.^v He will raise you - with a ‘ferocity’ and ‘stern ruggedness’ that leaps out of the scriptures in fiery, rebukes, challenges and contests.

He will raise you in the spirit of Elijah to essentially stand alone in your sphere of influence and say to your people that: ‘Repent! For the kingdom of heaven is at hand’. You will do this with unmoving faithfulness and unflinching fearlessness, like a man with a face of flint.

This unbending, unfaltering spirit of sternness and severity, like a man cracking the whip of God, was predicted to come again to usher in Messiah’s entrance into the world.

This will be you, this will be me – preparing the way of the Lord and learning from history how to deal with the difficult times of post revival depression and burn out, often as a result of persecution. Thank God who doesn’t leave us helpless but lights the path. Lord Jesus, Maranatha! (Lord Jesus, Come!)

References

ⁱ https://bible.fandom.com/wiki/List_of_the_kings_of_Israel

ⁱⁱ <https://www.gotquestions.org/who-Baal.html>

ⁱⁱⁱ Source: "The ten greatest revivals ever from Pentecost to the present", Elmer Towns and Douglas Porter, 2000

^{iv} <https://bible.org/seriespage/lesson-5-preventing-spiritual-burnout-zechariah-41-14>

^v <https://christianity.stackexchange.com/questions/14020/how-did-john-the-baptist-have-the-spirit-and-power-of-elijah>