

THE INSPIRATION OF SPIRITUAL INITIATIVE
“The Initiative against Depression” Arise and Eat
1 King 19:5

The angel did not give Elijah a vision, or explain the scripture to him, or do anything remarkable. He told Elijah to do the most ordinary thing; that is to get up and eat, if we were never depressed we should not be alive, it is the *nature* of a *crystal* never to be depressed a human being is capable of depression, otherwise there would be no capacity for *exaltation* (*rise up; praise*). There are things that are *calculated to depress*, things that of the nature of *death*; and in taking an estimate of yourself, always take into account the *capacity* for depression.

Depression is apt to turn us away from the ordinary *common place things of God's* creation, but when ever God comes, the *inspiration* is to do the most *natural, simple things*.

(Note: The temper of mind is tremendous in its effect it penetrates the soul and distracts the mind from God.)

The *inspiration* which comes to us in this way is an *initiative* against depression; we have to do the next things and do it in the *inspiration of God*. If we do a thing in order to *overcome depression* we deepen the depression; but if the Spirit of God makes us feel *intuitively* (insight) that we must do the thing, *and we do*, the depression is gone *immediately* we *arise* and *obey* we enter on a higher plane of life.