

ELIJAH

Defeating Depression

1 Kings 19

FACTS ABOUT DEPRESSION

1. Depression can affect anyone.
2. Depression is common.
3. Depression is a dark cloud that changes the way we look at everything.
4. Depression is always a symptom of a deeper problem.
5. Depression is caused by different reasons.
6. Depression is costly.
7. Depression is often a choice.
8. Depression can be overcome.

THE WAY DOWN INTO DEPRESSION

Disappointment / Unmet Expectations

Fear / Misplaced Focus

Fatigue / Empty Reserves

Isolation / Withdrew from People

Self-pity / Temporary Perspective

THE WAY UP OUT OF DEPRESSION

Rest and Refuel

1 Kings 19:5-6

Return to God

1 Kings 19:8

Re-adjust Your Expectations

1 Kings 19:11-12

Re-align Your Focus

1 Kings 19:14, 18

Resume Taking Responsibility

1 Kings 19:15-16

Re-establish Relationships

1 Kings 19:17