

# HOW TO DEAL WITH DEPRESSION

## 1 Kings 19

There are no mountaintops without \_\_\_\_\_ ; often valleys become downward spirals of \_\_\_\_\_  
James called Elijah "a man subject to like passions as we are" because he is an example of \_\_\_\_\_

### I. THE CONDITIONS LEADING TO DEPRESSION: \_\_\_\_\_

A. \_\_\_\_\_ Loss—the Loss of Energy or Health

1) Elijah faced off against 850 \_\_\_\_\_ before the entire nation, then oversaw their execution

2) Elijah prayed for rain to end a three and a half year drought and then ran nearly \_\_\_\_\_

B. \_\_\_\_\_ Loss—the Loss of Someone/Something We Value

C. \_\_\_\_\_ Loss—Disappointment

1) With the events on Mt. Carmel Elijah thought he had brought about \_\_\_\_\_ in Israel

2) But when \_\_\_\_\_ was able to threaten Elijah and back it up his dream of revival was crushed

### II. THE CAUSES OF DEPRESSION: Depression is usually caused by \_\_\_\_\_ to the conditions above

A. \_\_\_\_\_

1) It is so easy to develop the habit of self-pity because humanly speaking it seems so \_\_\_\_\_

2) The biggest problem with self-pity is that most people don't recognize it as \_\_\_\_\_

*How Do We Recognize the Sin of Self-Pity?*

a) Are my thoughts focused on problems or \_\_\_\_\_ ?

b) Are my thoughts focused on self or \_\_\_\_\_ ?

c) Am I telling myself truth or \_\_\_\_\_ from a Biblical perspective?

B. The \_\_\_\_\_ of Paralysis, Worry and Guilt: *The Steps in the Downward Spiral of Depression*

1) The conditions that lead to depression begin with LOSS, which results in \_\_\_\_\_

2) If we give in to this loss of motivation, then we don't \_\_\_\_\_

3) When undone works piles up, we feel \_\_\_\_\_

4) Then self-pity over how bad the situation is wastes further \_\_\_\_\_

5) Now we have not one pile of undone work which produces further \_\_\_\_\_

6) In the end, the guilt and worry and stress can produce \_\_\_\_\_

### III. THE CURE FOR DEPRESSION

A. God Dealt with Elijah's \_\_\_\_\_ *1 Kings 19:4-7*

B. God Broke the Downward Spiral of \_\_\_\_\_ *1 Kgs 19:15-16*

*Right \_\_\_\_\_ flow from right \_\_\_\_\_ which flow from right \_\_\_\_\_ which flow from right \_\_\_\_\_*

C. God Coaxed Elijah out of the \_\_\_\_\_ to Focus on Himself *1 Kgs 19:11-13*

1) We need to focus on the \_\_\_\_\_ of God *Ps. 32:2-5*

2) We need to focus on the \_\_\_\_\_ of God: God is \_\_\_\_\_