



Depression

January 27, 2013

Pastor Chris Hill

¹ When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. ² So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them." ³ Elijah was afraid and fled for his life. 1 Kings 19:1-3a(NLT)

How to Get Depressed in 4 Easy Steps

³ ... He went to Beersheba, a town in Judah, and he left his servant there. ⁴ Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died." ⁵ Then he lay down and slept under the broom tree. 1 Kings 19:3b-5a (NLT)

1. _____ yourself out
2. Shut _____ out
3. Focus on the _____
4. Forget _____

God's Prescription for Our Depression

- God says to _____ and _____

⁵ Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" ⁶ He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

1 Kings 19:5b-6 (NLT)

⁷ Then the angel of the LORD came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you." ⁸ So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to

Mount Sinai, the mountain of God.

1 Kings 19:7-8 (NLT)

- God replaces our _____ with his _____

⁹ There he came to a cave, where he spent the night. But the LORD said to him, "What are you doing here, Elijah?" ¹⁰ Elijah replied, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."

1 Kings 19:9-10 (NLT)

- God speaks in a still _____

¹¹ "Go out and stand before me on the mountain," the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. ¹² And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper. 1 Kings 19:11-12 (NLT)

- God gives us _____ to _____

¹⁵ Then the LORD told him, "Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. ¹⁶ Then anoint Jehu son of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet.

1 Kings 19:15-16 (NLT)

¹¹ As they were walking along and talking, suddenly a chariot of fire appeared, drawn by horses of fire. It drove between the two men, separating them, and Elijah was carried by a whirlwind into heaven. ¹² Elisha saw it and cried out, "My father! My father! I see the chariots and charioteers of Israel!" And as they disappeared from sight, Elisha tore his clothes in distress. 2 Kings 2:11-12 (NLT)

My Next Step Today Is To:

- Begin a relationship with God today by trusting my life to Jesus.
- Recognize my tendency toward depression fueled by #_____.
- Help the people in my life with depression by being a caring friend and pointing them to truth.
- Read 1 Kings 17 - 19