



Depression

January 27, 2013

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions and scriptures are designed to help you take the next step.

- Describe one of the loneliest moments of your life. How did you make it through such a difficult time?

With your Bible or YouVersion read 1 Kings 19:1-21

- What did Elijah pray when he had fled a lonely place.
- How does fear sometimes create depression? What types of fears have a grip on your life?
- Do you think Elijah was justified in being discouraged by his circumstances?
- How did God miraculously care for Elijah in the desert?
- Why do you think God revealed Himself to Elijah when the prophet was discouraged?
- What did God say to Elijah when the prophet had taken refuge in a cave?
- What strikes you as unusual about God's question to Elijah in the cave?
- Elijah honestly believed he was the only faithful one left. God replaced this lie with the truth: there were actually 7,000 others who still were faithful. Can you name a similar lie that you believed to be true? How did God reveal His truth to you?

- What question did God repeat in the "gentle whisper"?
- Describe a time when God spoke to you with a gentle whisper. What did He say to you?
- God encouraged Elijah to eat and rest, to believe truth instead of lies, to listen to His voice and to get back to doing what prophets do. At this season in your life, which of these areas resonate with you most? Why?
- What was Elijah's reply after seeing the demonstrations of God's power?
- What important lesson did Elijah learn about how God chooses to speak to people?
- What are some ways that you can remind yourself that God is in control when you are in the middle of difficult circumstances?

Talk It Over with God:

These prayer tips can guide your time alone with God each day. Praying with a friend or a small group might help you stick to it.

- Pray over the fears you are currently dealing with in your life. Ask God to help you overcome them and give you comfort and peace as you deal with them.
- Pray over any depression you may be experiencing in your own life, or pray about those areas in your life in which you are exhausted. Ask God to help you find ways to better manage your time in these areas.
- Ask God to help find ways to find more time to rest in your life. Spend your time in quiet prayer just resting in His presence.
- Take time today to allow God to speak to you. Listen quietly for His gentle whisper.
- Pray and ask God what He is wanting you to do in this season of your life? Ask if He wants you to continue what you are doing or see if He has something new in store for you.