

April 7, 2019 SERMON NOTES
I Have A Friend Who Suffers from Depression
1 Kings 19

From this text we find that Elijah experienced many of the classic symptoms of depression.

Fear - *“Elijah was afraid & ran for his life...”* 1 Kings 19:3

Suicidal tendencies - *“(Elijah) prayed that he might die. ‘I have had enough, LORD,’ he said. ‘Take my life; I am no better than my ancestors.’ ”* 1 Kings 19:4

Excessive tiredness - *“Then he lay down under the tree and fell asleep...”* 1 Kings 19:5 *slept for a couple of days... maybe longer...*

Feelings of rejection - *“I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”* 1 Kings 19:10

Lasting a long time - *nearly 2 months...*

Steps God took to heal the depression that Elijah was facing.

1st - God recognized that Elijah’s depression was not _____.

2nd - God ministered to Elijah with _____ & _____.

Now God dealt with Elijah’s depression in 4 ways.

1. 1st - God sent him to _____.

2. 2nd - God had Elijah tell Him what the _____ was.

3. 3rd - God dealt with the _____, the _____ that were fueling Elijah’s depression.

4. And lastly, God gave Elijah something to _____.

If you’re facing depression, how would Elijah speak to you today?

1. _____ that you have a problem.

2. Surround yourself with _____.

3. _____ about your struggles.

4. _____ something constructive.

5. _____ into the arms of God’s _____ & _____.