

DEPRESSION: What To Do When There Seems to Be No Way Through

I Kings 19:1-18

Elijah, God's prophet who was a giant of the faith, was in the depths of depression.

I THE _____ OF DEPRESSION

The word depression comes from a Greek word that means "to find no way through, to be wholly at a loss."

There are two types of Depression:

Endogenous—

Reactive—

II THE _____ OF DEPRESSION

In Elijah's life we observe 6 specific causes of depression:

1. _____
I Kings 19:2,3

Fear has been defined as False Evidence that Appears Real

2. _____
I Kings 19:4

3. _____
I Kings 19:5

4. False _____

Elijah felt _____ for himself

5. A Faulty _____

III THE _____ FOR DEPRESSION

1. Seek to Discover _____ you are Depressed
I Kings 19:9, 13

2. Pour Out your _____ to the Lord
I Kings 19:4,10,14

3. Come _____ Before You Come Apart
I Kings 19:5

4. Experience A New _____ with the Lord
I Kings 19:9

5. Put the Power of _____ Into Practice
Isaiah 61:3
Psalms 42:5

6. Believe that Things Will Get _____

7. Get _____ with God's Assignment for You
I Kings 19:11; 15

8. Seek Godly _____ Help

Story: It Is Well With My Soul!