
...“I have had enough, Lord,” Elijah said. “Take my life, for I am no better than my ancestors who have already died.” – 1 Kings 19:4

Two types of depression: **BIOLOGICAL** and **SITUATIONAL**.

COMMON CAUSES of depression in Elijah’s story...

1 Kings 18-19:4

God helps Elijah **GET BETTER**.

1 Kings 19:5-15

God is all about the **SECOND CHANCE!**

1 Kings 19:13-18 | Jonah 3:1 | Philippians 3:7-14 | 2 Timothy 2:11-13

SPIRITUAL STABILITY is one of the blessings of a relationship with Jesus.

Philippians 4:11-13 | 2 Corinthians 4:8-18 | Galatians 5:16-26

NEXT STEPS

Use these study questions to turn a message into a conversation. Join with a life group and continue to grow by using these study questions this week.

MY STORY

What is the best moment (or moments) in your life so far?

What do you do when you begin to become aware of life being out of balance?

Depression is not a respecter of persons... you can be mighty, powerful, weak, poor, rich, young, old, married, single, follower of Jesus, etc. Please remember two key things as we study what God has to say and how to get better:

First, relationship with God through Jesus is absolutely necessary. God created us, knows us and loves us. Come to him first if you are experiencing weariness in your life and begin to walk with him. He died to free us from the weight of sin that presses down on our life.

For more, read: Matt. 11:28-30; Romans 6:20-23; Romans 8:1-4 and 1 John 1:9.

Secondly, there are some biological causes of depression and in some cases you should seek professional help and we encourage you to do so. However, taking steps to improve what you eat, getting good rest, exercise, using discretion with who and what speaks into your life, etc. are still good things to do even if there is also a chemical imbalance in your life.

GOING DEEPER

Complex problems in our life, like depression, do not have quick and easy solutions. So understand getting better is a process that will take time. The amazing thing about God is he wants to walk through life with us in relationship and, like Elijah, will pursue us and help us to get better.

Read Isaiah 26:3-4 and Philippians 4:6-9.

What does God have to say to us about His peace in these passages?

What are some things you need to do to come to a place of peace with God?

Read Proverbs 3:5-6.

What does this passage say about how I see things?

What does God begin to do as I start trusting him?

TAKING IT HOME

Depression can be a result of such a variety of causes (death, loss of a job, rebellious children, spiritual disobedience, unresolved sin, unreasonable expectations). If you are wrestling with depression and need someone to talk with, please write this on a communication card and we'll be in contact with you. Below are also some helpful scripture passages for you to dig into on your own:

1 Corinthians 4:8-18; Philippians 3:7-21; Psalm 40.

THE NEXT STEP GOD WANTS ME TO TAKE TODAY:

PRAYER REQUESTS
