

Breaking the Chains of Depression



1 Kings 19

1 Kings 19

Breaking the Chains of Depression

10/8 PM Brian Messerli

1 Kings 19

6 Facts:

1. Even the most _____ can experience depression.
 - Job 2:13-3:5; Jeremiah 20:14-18; Psalm 31:9-10
2. When depressed, we feel _____. (1 Kings 19:10)
3. When depressed, we think _____. (1 Kings 19:4)
4. When depressed, we often neglect our _____. (19:5-6b)
 - Hopelessness + Negativity = _____.
5. When depressed, we _____ ourselves. (19:3-4,9)
6. _____ factors can contribute to depression. (18:46; 19:3)
 - *Extreme 1: All caused by _____ factors.*
 - *Extreme 2: All caused by _____ or lack of faith.*

6 Cures:

1. Ask what we're _____ _____. (1 Kings 19:9,13; Deut. 28:65)
2. Remember God _____. (1 Kings 19:11-12)
3. Let God's Word change our _____. (1 Kings 19:18; Psalm 42:5-8)
4. Take care of ourselves _____ and mentally.
5. Take care of ourselves _____. (Gen. 2:18)
6. Remember we have important _____ to do. (1 Kings 19:15-16)

God's ultimate solution to depression: _____, _____, and _____!

Jesus provides it all!

Notes: