

# DEALING WITH DEPRESSION

*Sermon Series: How to Beat the Blues*

1 Kings 19:1-16

## **THE UNWELCOMED INVADER - DEPRESSION**

*How to get depressed in four easy steps*

- ❶ **WEAR YOURSELF OUT.**  
*(1 Kings 19:3b-5a)*
- ❷ **SHUT PEOPLE OUT.**  
*(1 Kings 19:3b-5a)*
- ❸ **FOCUS ON THE NEGATIVE.**  
*(1 Kings 19:3b-5a)*
- ❹ **FORGET GOD.**  
*(1 Kings 19:3b-5a)*

## **GOD'S PRESCRIPTION FOR OUR DEPRESSION**

*Four things that are worth remembering*

- ❶ **GOD SAYS TO EAT AND REST.**  
*(1 Kings 19:5b-8)*
- ❷ **GOD REPLACES OUR LIES WITH HIS TRUTH.**  
*(1 Kings 19:9-10)*
- ❸ **GOD SPEAKS IN A STILL, SMALL VOICE.**  
*(1 Kings 19:11-12)*
- ❹ **GOD GIVES US SOMETHING TO DO.**  
*(1 Kings 19:15-16, 2 Kings 2:11-12)*

Current Series: How to Beat the Blues

Dealing with Depression.\_Part2-by Pastor Jesse Elizondo (2/8/15).

# REALife Application

These talking points, questions, and scriptures are designed to help you take the next step.

Looking back at your notes from this week's teaching on, was there anything that particularly caught your attention, challenged or confused you?

1. There are a variety of ways to refresh and recharge our batteries when life is hitting us hard. What do you do (or wish you did) to get your energy and focus back on track?
2. When we face difficult times, there are often a variety of initial indicators. What are some of the typical indicators that stressful or tough times have arrived?
3. This week, we saw through the example of Elijah that venting our frustrations to God during the dark times is not only acceptable, but can actually be healthy in working through the issue at hand. What's your response to Jeremiah's venting of frustration found in Jeremiah 20:7-10, 14-18?

Can you think of any indicators that a person's "venting to God" is over the top and no longer helpful to them, others or God?

4. Keeping God's power in mind is one of the keys to dealing with the "letdown." How do you relate to how Jeremiah keeps God's power in mind in the midst of high frustration in Jeremiah 20:11-13?

Can you think of any verses, attributes or characteristics of God that have helped you through difficult times?

5. God recognizes we need time to recoup and refresh. Read Mark 1:35-39 and 6:30-32 and note the importance of getting away to refresh.

How literal do you think "getting away" needs to be?

# DEALING WITH DEPRESSION

*Sermon Series: How to Beat the Blues*

1 Kings 19:1-16

## **THE UNWELCOMED INVADER - DEPRESSION**

*How to get depressed in four easy steps*

- ❶ **WEAR YOURSELF \_\_\_\_\_.**  
(1 Kings 19:3b-5a)
- ❷ **SHUT \_\_\_\_\_ OUT.**  
(1 Kings 19:3b-5a)
- ❸ **FOCUS ON THE \_\_\_\_\_.**  
(1 Kings 19:3b-5a)
- ❹ **\_\_\_\_\_ GOD.**  
(1 Kings 19:3b-5a)

## **GOD'S PRESCRIPTION FOR OUR DEPRESSION**

*Four things that are worth remembering*

- ❶ **GOD SAYS TO \_\_\_\_\_ AND \_\_\_\_\_.**  
(1 Kings 19:5b-8)
- ❷ **GOD REPLACES OUR \_\_\_\_\_ WITH HIS \_\_\_\_\_.**  
(1 Kings 19:9-10)
- ❸ **GOD \_\_\_\_\_ IN A STILL, SMALL \_\_\_\_\_.**  
(1 Kings 19:11-12)
- ❹ **GOD GIVES US SOMETHING TO \_\_\_\_\_.**  
(1 Kings 19:15-16, 2 Kings 2:11-12)

# REALife Application

These talking points, questions, and scriptures are designed to help you take the next step.

Looking back at your notes from this week's teaching on, was there anything that particularly caught your attention, challenged or confused you?

1. There are a variety of ways to refresh and recharge our batteries when life is hitting us hard. What do you do (or wish you did) to get your energy and focus back on track?
2. When we face difficult times, there are often a variety of initial indicators. What are some of the typical indicators that stressful or tough times have arrived?
3. This week, we saw through the example of Elijah that venting our frustrations to God during the dark times is not only acceptable, but can actually be healthy in working through the issue at hand. What's your response to Jeremiah's venting of frustration found in Jeremiah 20:7-10, 14-18?

Can you think of any indicators that a person's "venting to God" is over the top and no longer helpful to them, others or God?

4. Keeping God's power in mind is one of the keys to dealing with the "letdown." How do you relate to how Jeremiah keeps God's power in mind in the midst of high frustration in Jeremiah 20:11-13?

Can you think of any verses, attributes or characteristics of God that have helped you through difficult times?

5. God recognizes we need time to recoup and refresh. Read Mark 1:35-39 and 6:30-32 and note the importance of getting away to refresh.

How literal do you think "getting away" needs to be?