

Why Am I Depressed?

Sermon Series: Elijah

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)

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- ❷ **SHUT _____ OUT.**
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- ❸ **FOCUS ON THE _____.**
(1 Kings 19:3b-5a)
- ❹ **_____ GOD.**
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- ❶ **GOD SAYS TO _____ AND _____.**
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- ❷ **GOD REPLACES OUR _____ WITH HIS _____.**
(1 Kings 19:9-10)
- ❸ **GOD _____ IN A STILL, SMALL _____.**
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- ❹ **GOD GIVES US SOMETHING TO _____.**
(1 Kings 19:15-16, 2 Kings 2:11-12)