

ELIJAH - Depression/Despair

November 11, 2009

1 Kings 19: 1-16

How to get Depressed in 4 Easy Steps

- 1 - Wear yourself out.
- 2 - Shut people out.
 - James 5: 14-15, 16b
- 3 - Focus on the negative.
 - 2 Corinthians 10: 5b
- 4 - Forget God.

God's Prescription for Our Depression

- 1 - God says to eat and rest.
 - 1 Kings 19: 5b-8
- 2 - God replaces our lies with His truth.
 - 1 Kings 19: 9-10
- 3 - God speaks in a still, small voice.
 - 1 Kings 19: 11-12
- 4 - God gives us something to do.
 - 1 Kings 19: 15-16

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Discussion Group Questions:

1 - Start with a time or prayer, inviting the Holy Spirit to open your hearts and direct your discussion time.

2 - Immediately following a great victory, Elijah became depressed. 1 Kings 19:3-5 illustrates four common contributors to depression. Elijah wore himself out, shut people out, focused on the negative, and forgot the faithfulness of God. Of these four, which one is your most common challenge?

3 - Elijah honestly believed he was the only faithful one left. God replaced this lie with the truth: there were actually 7000 others who still were faithful to God. Can you name a lie that you believe to be true? What is God's truth?

4 - God encouraged Elijah to eat and rest, to believe truth instead of lies, to listen to His voice, and to get back to doing what prophets do. At this season in your life, which of these areas resonate with you most? Why?

5 - Do you have at least one person you can talk about anything with? Some examples would be parents, youth leaders, school counselors or friends. If not, is there someone that you think would be willing to be that person or accountability partner for you?

6 - Spend some time praying for one another.

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