Higher Aim
with Dr. Curt Dodd

simple
CHURCH

How To Defeat Depression In Your Life
Simple Church | Week 19| 1 Kings 19:1-18

INTRODUCTION

As we read about Elijah in today's key passage, we see a man of God who was used by God in an unbelievable manner. He did miracles, but now he is going through depression. He was a man of God who was used by God, yet he was suffering from depression. If God can use a depressed man, don't you think He can also use you? Don't discount anyone just because they may struggle with emotional or mental problems. Those are the kinds of people God uses. In this message, we are going to learn from Elijah's example and see exactly how we can defeat depression in our lives and fulfill the calling God has given us despite our struggles.

KEY POINTS

1. We are headed for depression when:
- We allow feelings to become our reality.
- We run from our problems.
- We evaluate our worth by comparing ourselves to other people.
- We carry loads we aren't intended to carry.
- We believe inaccurate perceptions.

2. We defeat depression when we:
- Take care of our bodies.
- Talk it out.
- Take time with God.
- Take the next step.
  - Evaluate your present situation.
  - Face your fears.
  - Align yourself with God's plan for your life.
  - Depend on others.

NOTES

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

HIGHER AIM

How To Defeat Depression In Your Life
Simple Church | Week 19| 1 Kings 19:1-18

QUESTIONS TO CONSIDER

1. Have you ever struggled with depression before? If so, is there something you can point to that ignited or started that season of depression in your life?

2. Have you ever doubted God could use you when you were dealing with depression? How does Elijah's story encourage you that that's not the case?

3. Which of the steps listed to defeat depression would you like to work on more in your day-to-day life?

_____

_____

_____

_____

_____

_____

_____

_____

_____