



Elijah: Can God Help Me when I am Depressed? Part 1

1 Kings 19:1-9, 15-18

United Community Church

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Did You Know?

- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.
- Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment.
~ Anxiety & Depression Association of America

Why do many people who suffer depression suffer alone?

- They feel embarrassed & if people knew their pain, people would look at them differently
- They think they are abnormal and no one else is suffering like them
- The catalyst for depression is loneliness

Understand that depression has many causes: genetic, biological, environmental, chemical, and psychological. For many who suffer depression, depression sets in when we feel overwhelmed by life.

For many who suffer depression, depression sets in when you feel overwhelmed by life. This was the case for Elijah and his story can show us how God helps us when we are depressed.

How Depression Works

1. One of the driving forces of depression is fear - Fear of failure, fear of the unknown, or fear of the past, etc.
2. Fear is often caused by loss of control – what I can't do. Your focus narrows to what you can see versus faith in the things of God you cannot see (His presence & power)
3. Fear turns inward leading you to focus on yourself, your faults, and your failures. What does this look like?
 - a. You take your eyes off the Lord
 - b. Life's circumstances get blown out of proportion
 - c. Life's circumstances (events) consume you
 - d. You listen to Satan's lies
4. You isolate yourself from those you love and you're blind to God's truth
5. Next, you fall into self-pity, indifference, and/or rebel against God
6. If left unchecked, fear will leave you feeling helpless and hopeless

How God Leads You through Depression: HE SPEAKS TRUTH INTO YOUR LIFE

1. He maintains a personal relationship with you through His Spirit and His Word
You are Never Alone, God is with You
2. He listens to you when you're hurting
God Loves You Unconditionally & Uses Hurt to Heal You
3. He asks you to trust in Him
God Allows Pain to Conform You to the Image of Christ
4. He reminds you that you are valuable to God
God Created You & Gifted You to Serve Him
5. He recommissions you to serve Him faithfully
God Forgives You & Expects You to Continue Serving Him