

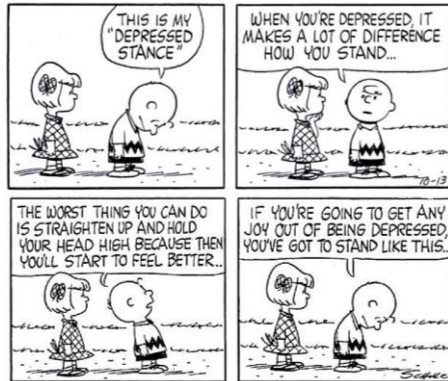


Elijah: Can God Help Me when I am Depressed? Part 2

1 Kings 19:1-9, 15-18

United Community Church

Pastor Ron Burks, 10/22/17



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

Scriptures to Read for Those Experiencing Depression

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. ~ *Phil 4:8-9*

It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.” ~ *Deut 31:8*

When the righteous cry for help, the LORD hears and delivers them out of all their troubles. ¹⁸The LORD is near to the brokenhearted and saves the crushed in spirit. ~ *Psa 34:17-18*

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. ~ *Psa 42:11*

Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. ~ *1 Pet 5:6-7*

³Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. ~ *2 Cor 1:3-4*

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, ³⁹nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. ~ *Rom 8:38-39 (READ THE CHAPTER, ESPECIALLY 31-39)*

Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. ¹³But rejoice insofar as you share Christ’s sufferings, that you may also rejoice and be glad when his glory is revealed. ~ *1 Pet 4:12-13*

Books for you: God’s Promises for Your Every Need, Telling Yourself the Truth by William Backus, Healing for Damaged Emotions by David Seamands, Healing Grace: Finding Freedom from the Performance Trap by David Seamands.

Thirty Truths Every Believer Ought to Know

1. I am always loved by God, John 3:16, Rom 5:8
2. I will enjoy eternal life with Jesus Christ, John 10:28-29
3. I am justified (declared righteous and freed from the penalty of sin) before God by grace through the sacrifice of Jesus Christ, Rom 3:24
4. Sin no longer has power over me because my old sinful nature was crucified when I met Christ, Rom 6:6
5. I am no longer condemned by God (no longer suffer God’s wrath against sin, Eph 2:3) because I belong to Jesus Christ, Rom 8:1, Rom 4:6-8
6. I am free from the penalty of sin – eternal death, Rom 6:23, 8:2
7. I am adopted into the family of God (He forgave my sin) through the blood of Jesus Christ, Rom 8:23-25, Eph 1:3-14
8. I am sanctified (declared holy) before God and called to live a holy life, Rom 6:6-10, 1 Cor 1:2
9. I am united with Jesus Christ who made me right with God so that I am pure and holy, freed from the power of sin and free to let the Holy Spirit produce life and fruit in me, 1 Cor 1:30, Rom 8:9, Gal 5:22-24
10. I was dead in sin but now I am alive in Christ, Eph 2:1-10
11. I will always be victorious when I follow Christ, Rom 8:28-39
12. I am being transformed into the likeness of Christ, 2 Cor 3:18, Rom 12:1-2
13. I am a new creature in Christ, 2 Cor 5:17
14. We are all equal before God and one with Christ, Gal 3:28, Rom 10:12-15, 1 Cor 12:13
15. I am a son (child) of God and an heir to heaven, Gal 4:7, Rom 8:15-17
16. I have freedom from sin to serve Christ, Gal 5:13
17. I am blessed with all spiritual blessings, Eph 1:3, 1 Pet 1:3
18. I am chosen by God to live for Him, Eph 1:4, Col 3:12, 2 Pet 1:3-8
19. I am forgiven completely by God, Eph 1:7, Acts 3:19
20. I am sealed with the Holy Spirit guaranteeing that I belong to God and will live with Him forever in heaven, Eph 1:13
21. I am created to do good works, Eph 2:10
22. I have access to my Father at any time which is the basis for my hope for this life and eternal life in the future, Eph 2:18, Rom 5:1-8
23. I belong to the body of Christ (the church) which means it is my responsibility to serve Christ through the church, Eph 4:4-6, 1 Cor 12:27
24. I have the peace of God to guard my heart, Phil 4:7
25. I can do all things because Christ gives me strength, Phil 4:13
26. God will supply all my needs, Phil 4:19
27. I am complete (full) in Christ, Col 2:10
28. My life is hidden with Christ in God meaning He is my life, Col 3:3-4
29. I have an inheritance that is incorruptible and eternal, 1 Peter 1:4
30. I will live with Christ in heaven forever, Rev 22:5