

The Summer Blues | Week 2 | Depression | Part 1

⁷ For God has not given us a spirit of fear, but of power and of love and of a sound mind.

⁸ Therefore do not be ashamed of the testimony of our Lord, nor of me His prisoner, but share with me in the sufferings for the gospel according to the power of God, ^{9a} who has saved us and called *us* with a holy calling, not according to our works, but according to His own purpose and grace which was given to us in Christ Jesus before time began. – 2

Timothy 1:7

The Causes – 1 Kings 19:1-5a

1. A Physical KNOCKOUT .

2. An Emotional WIPEOUT .

3. A Spiritual BURNOUT .