



# Surviving The Storms of Depression

## I Kings 19

### Survival Strategy:

#### 1. Remember What God Has Done

- A. God miraculously provided before.
- B. God has spoken to Him

#### 2. By Faith Keep Going

##### Psalm 42:5

Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him for the help of His presence.

#### 3. By Faith Invest In Others

Elijah anointed and then discipled Elisha

#### 4. Sometimes God Breaks Through and Sets You Free

##### 1 Chronicles 14:11

So they came up to Baal-perazim, and David defeated them there; and said, "God has broken through my enemies by my hand, like the breakthrough of waters." Therefore they named that place Baal-perazim.



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