

When God Shows Up in Our Depression

1 Kings 18:41–19:18

🔴 **The Pathway Toward Depression**

1. _____ — 1 Kings 18:41, 45
2. _____ — 1 Kings 18:46
3. _____ — 1 Kings 19:1–3
4. _____ — 1 Kings 19:3–4
5. _____ — 1 Kings 19:4

🟢 **The Steps Toward Recovery**

1. **Start by caring for your _____ and _____ needs.** 1 Kings 19:5–9
2. **Remember that depression distorts _____.**
1 Kings 19:9–10
3. **Reconnect with _____.** 1 Kings 19:11–13
4. **Pour out your _____ to God.** 1 Kings 19:13–14
5. **Start _____.** 1 Kings 19:15–16, 18

📌 **Take-Home Truth:** “When life _____ you down, God _____ you up.”