

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.”