



Beyond the Sermon

A Sermon Application Guide

Title: Gratitude Gap

This guide is designed to offer a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own, or use it in a group and experience transformation together.

Message Theme

What Praise Does When Times Are Tough

Prayer Focus

God you are not a distant God, I am so grateful you want and desire a relationship with me. Thank you Lord that depression and anxiety have no place here. I thank you God for provision in Jesus' name and for working on sons and daughters around me that are away from you. I thank you for speaking to me and having good things in store for me.

Key Truths

Continuing the discussion about having victory over depression, we can look at the life of Elijah. The book of James tells part of his story of wandering and relying on God. He follows God's direction to the river where his food is provided for him. Then he is told to head to town and look for a widow who will make him some food. This woman only had enough food for herself and her son, but Elijah insisted that she make him food first. What Elijah knew is that if he released something from his hand, God would then release something from his.

Soon after, everything had been going Elijah's way and an evil woman named Jezebel made a threat and in his mind, he began to meditate on it. Learning from Elijah, we ultimately move in the direction of our thoughts. Wrong thinking can lead to wrong feelings and wrong actions. The truth is our thoughts determine our actions.

The example found in 1 Kings 19 is a recipe for depression

Hopelessness "I have had enough" vs 4

Suicidal "now Lord take my life" vs 4

Low self esteem "I am no better than my fathers" vs 4

Anger "I have been very zealous for the Lord God." vs 10

Loneliness "I am the only one left" vs 10

Worry and anxiety "They are trying to kill me"

It happens often that we could be filled with emotions and thoughts like this. God met Elijah in this place of brokenness and spoke to him quietly. When God speaks to us it's usually in the still small voice.

We were created for God's pleasure and to live in fellowship and relationship with God right where we are.

The key to overcoming depression is letting an exchange take place. Heaviness is a spirit but God has given us a garment of praise to exchange with it. Begin to worship and praise. When we do, the heaviness will fall. We break the spirit of depression when we thank God no matter what might be happening in our lives.

Practical Application

When we keep our mind on God and his promises, he will keep us in perfect peace. (Isaiah 26:3) It's important to have an eternal perspective and remember our problems and afflictions are temporary. We have been called to fellowship with God and be thankful. We were never designed to live the christian life on our own. We need to be able to praise the Lord before we see the fullness because it doesn't all happen at once.

Reference Verses

- James 5:17-18
- 1 Kings 19:1-4, 11-13
- Isaiah 26:3, 61:3
- Hebrews 11:1-4, 13:15
- Revelation 4:11
- 2 Corinthians 4:15-18, 11:23-24
- Ephesians 2:10
- Romans 12:1-2
- 2 Samuel 21:15-17
- Habakkuk 3:18-19
- Ezra 3:10

Declarations

“God, thank you that I am forgiven. Thank you for the food I have eaten and the place that I live. Thank you for the never ending opportunities to hear from you. Thank you that I have been washed in the blood and that I am a child of God. Thank you for paying specifically for my sins and calling me worthy.”

What's Next?

Now it's time to write down anything the Lord has spoken to you. Praise Him, Thank Him and ask the Holy Spirit to help you walk this out.

Scripture References

Gratitude Gap

James 5:17-18 AMPC Elijah was a human being with a nature such as we have [with feelings, affections, and a constitution like ours]; and he prayed earnestly for it not to rain, and no rain fell on the earth for three years and six months. And [then] he prayed again and the heavens supplied rain and the land produced its crops [as usual].

1 Kings 17 & 18 NKJV REF

1 Kings 19:1-4 NKJV And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, "So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time." And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there. But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, Lord, take my life, for I am no better than my fathers!"

Isaiah 26:3 NKJV You will keep him in perfect peace, Whose mind is stayed on You...

Hebrews 11:1 NKJV Now faith is the substance of things hoped for...

1 Kings 19:9-10 NKJV And there he went into a cave, and spent the night in that place; and behold, the word of the Lord came to him, and He said to him, "What are you doing here, Elijah?" So he said, "I have been very zealous for the Lord God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life."

1 Kings 19:11-13 NKJV Then He said, "Go out, and stand on the mountain before the Lord." And behold, the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice. So it was, when Elijah heard it, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice came to him, and said, "What are you doing here, Elijah?"

Romans 8:16 NKJV The Spirit Himself bears witness with our spirit...

2 Corinthians 4:16 NKJV Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day.

2 Corinthians 4:17-18 NKJV For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.

2 Corinthians 11:23-28 NKJV ...in labors more abundant, in stripes above measure, in prisons more frequently, in deaths often. From the Jews five times I received forty stripes minus one. Three times I was

beaten with rods; once I was stoned; three times I was shipwrecked; a night and a day I have been in the deep; in journeys often, in perils of waters, in perils of robbers, in perils of my own countrymen, in perils of the Gentiles, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren; in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness— besides the other things, what comes upon me daily: my deep concern for all the churches.

1 Kings 19:10 NKJV ...“I have been very zealous for the Lord God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.”

2 Samuel 21:15-17 NKJV When the Philistines were at war again with Israel, David and his servants with him went down and fought against the Philistines; and David grew faint. Then Ishbi-Benob, who was one of the sons of the giant, the weight of whose bronze spear was three hundred shekels, who was bearing a new sword, thought he could kill David. But Abishai the son of Zeruiah came to his aid, and struck the Philistine and killed him.

1 Kings 19:15-16 NKJV Then the Lord said to him: “Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael as king over Syria. Also you shall anoint Jehu the son of Nimshi as king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint as prophet in your place.

Ephesians 2:10 AMPC For we are God’s [own] handiwork (His workmanship), recreated in Christ Jesus, [born anew] that we may do those good works which God predestined (planned beforehand) for us [taking paths which He prepared ahead of time], that we should walk in them [living the good life which He prearranged and made ready for us to live].

Matthew 5:14 NKJV “You are the light of the world. A city that is set on a hill cannot be hidden.”

Isaiah 61:3 KJV To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness;...

Hebrews 13:15 NKJV Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.

Habakkuk 3:17-18 NKJV Though the fig tree may not blossom, Nor fruit be on the vines; Though the labor of the olive may fail, And the fields yield no food; Though the flock may be cut off from the fold, And there be no herd in the stalls— Yet I will rejoice in the Lord, I will joy in the God of my salvation.

Revelation 4:11 KJV...and for thy pleasure they are and were created.

Isaiah 26:3 NKJV You will keep him in perfect peace, Whose mind is stayed on You...

Psalms 116:7-8 NKJV Return to your rest, O my soul, For the Lord has dealt bountifully with you. For You have delivered my soul from death, My eyes from tears, And my feet from falling.

Psalms 78:41-42 NKJV Yes, again and again they tempted God, And limited the Holy One of Israel. They did not remember His power: The day when He redeemed them from the enemy...

Ezra 3:10-11 NKJV When the builders laid the foundation of the temple of the Lord, the priests stood in their apparel with trumpets, and the Levites, the sons of Asaph, with cymbals, to praise the Lord, according to the ordinance of David king of Israel. And they sang responsively, praising and giving thanks to the Lord: "For He is good, For His mercy endures forever toward Israel." Then all the people shouted with a great shout, when they praised the Lord, because the foundation of the house of the Lord was laid.