



## Silverdale Baptist

Days of Elijah ~ Walking Through Depression ~ 11/04-05/2023

1 Kings 19:1-10

### Big Idea

Anyone can experience depression. God's Word gives us a clear recovery plan.

### Getting started

**Tell us about one of your best moments, a time when you felt like you were on top of the world.**

**How long did it last?**

For most of us, there have been those defining moments when we felt we were on top of the world. Maybe it was when you graduated from school, or when you got married, or you finally got the job you had dreamed of. Those are some of the defining moments in life. But as Pastor Tony pointed out, our most exhilarating moments are often followed by our lowest. One of Elijah's most significant victories was followed by deep depression. Pastor Tony pointed out the causes of depression in Elijah's life and God's plan for recovery.

**Leader:** *This discussion may touch some raw nerves in your small group. We all need the reminder to be sensitive if someone is bold enough to share their pain with us. If you have questions about how to help someone who is hurting or if you feel their situation is serious, you can always contact the small group team. Silverdale has a lot of resources, and we will be glad to help.*

## Learn

*He sat down under a broom tree and **prayed that he might die**. He said, "I have had enough! LORD, take my life." (1 Kings 19:4)*

| HAVE SOMEONE READ 1 KINGS 19:1-10.

### Anyone Can Experience Depression

#### What are Some Causes of Depression?

1. Dealing with Difficult People.
2. Experiencing Physical Exhaustion.
3. Feeling Alone and Isolated. (vs 3 & 10)
4. Feeling Like a Failure with Unmet Expectations. (vs 10)

**From these verses, how would you describe Elijah?**

**Elijah faced all four of these things, and he was deeply depressed. Which of these four causes of depression do you identify with?**

**If you have suffered from depression:**

**How was your relationship with God affected?**

**Did you feel like you had let God down, or maybe that God had let you down?**

**Tell us about it.**

There is hope in the story of Elijah. God made you, and He loves you, and He wants you to recover. Pastor Tony points out a 5-step recovery plan in 1 Kings 19:1-10.

#### God's Recovery Plan for Discouragement

1. Get Some Rest. (vs 5-6)
2. Ask the Lord to Touch You. (vs 5)
3. Get Proper Nutrition. (vs 6)
4. Take Some Time Away (vs 8)
5. Ask the Lord to Speak To You. (vs 9)

**Has God used these things in your life to help you? Share with us.**

**Have you used any of these 5 steps to help someone else?  
What happened?**

### Apply

**What has the Holy Spirit shown you in this study?**

**If you are discouraged, which of the five steps makes the most sense? Will you take that step?**

If you need help, please reach out. Silverdale has a team of people who can and want to help you.

### Pray

Father, in Jesus' name use this study to set people free! For those of us who are hurting and desperate, open our eyes to see You and show us what we need to do. For the rest of us, keep us sensitive to the people around us. Show us how to offer real help and keep us from an attitude of judgment. In the name of Jesus, amen.