



**280-300 million people in the world
suffer from Depression.**

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1 Kings 19 p. 301

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¹Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. ²Then Jezebel sent a messenger to Elijah, saying, “So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow.”

1 Kings 19:1-2

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1 Kings 19:1-2

³Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there. ⁴But he himself went a day’s journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, “It is enough; now, O LORD, take away my life, for I am no better than my fathers.”

1 Kings 19:3-4

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1 Kings 19:3-4

Causes of Depression

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Causes of Depression - Biological

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Causes of Depression

- **Biological**
- **Relational**

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Causes of Depression

- **Biological**
- **Relational**
- **Circumstantial**

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Causes of Depression

- **Biological**
- **Relational**
- **Circumstantial**
- **Spiritual**

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“Being depressed is bad enough in itself, but being a depressed Christian is worse. And being a depressed Christian in a church full of people who do not understand depression is like a little taste of hell.”

John Lockley

“A Practical Workbook for the Depressed Christian”

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It is okay not to be okay

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It's not okay to stay that way

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**God is not done with you,
even when you are done with you.**

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**RECEIVE GOD'S CARE FOR YOU
MENTALLY, PHYSICALLY, AND
SPIRITUALLY**

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⁵And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, “Arise and eat.” ⁶And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again.

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1 Kings 19:5-8

⁷And the angel of the LORD came again a second time and touched him and said, “Arise and eat, for the journey is too great for you.” ⁸And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

1 Kings 19:5-8

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1 Kings 19:5-8

⁹There he came to a cave and lodged in it. And behold, the word of the LORD came to him, and he said to him, “What are you doing here, Elijah?” ¹⁰He said, “I have been very jealous for the LORD, the God of hosts.

For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.”

1 Kings 19:9-10

**SHARE YOUR FEELINGS
WITH GOD AND OTHERS**

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**God is not done with you,
even when you are done with you**

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¹¹And he said, “Go out and stand on the mount before the LORD.” And behold, the LORD passed by, and a great and strong wind tore the mountains and broke in pieces the rocks 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. ¹²And after the earthquake a fire, but the LORD was not

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1 Kings 19:11-18

in the fire. And after the fire the sound of a low whisper. ¹³And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, “What are you doing here, Elijah?” ¹⁴He said, “I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken

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1 Kings 19:11-18

your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.”¹⁵ And the LORD said to him, “Go, return on your way to the wilderness of Damascus. And when you arrive, you shall anoint Hazael to be king over Syria.¹⁶ And Jehu the son of Nimshi you shall anoint to be king over

Israel, and Elisha the son of Shaphat of Abel-meholah you shall anoint to be prophet in your place.¹⁷ And the one who escapes from the sword of Hazael shall Jehu put to death, and the one who escapes from the sword of Jehu shall Elisha put to death.

**¹⁸Yet I will leave seven thousand in Israel,
all the knees that have not bowed to Baal,
and every mouth that has not kissed him.”**

1 Kings 19:11-18

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1 Kings 19:11-18

**CONFRONT YOUR FALSE THOUGHTS
AND DEFER TO GOD'S WISDOM**

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**God is not done with you,
even when you are done with you**

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**⁵Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation**

Psalms 42:5

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Psalms 42:5

**²³Search me, O God, and know my heart!
Try me and know my thoughts! ²⁴And see
if there be any grievous way in me,
and lead me in the way everlasting!**

Psalms 139:23-24

**God is not done with you,
even when you are done with you**

**Deferring to God's wisdom
means Acting On It**

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ABIDE IN THE LOVE AND GRACE OF GOD

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³⁸For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, ³⁹nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8:38-39

**God is not done with you,
even when you are done with you**



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