



Dealing with Depression

Dr. Bill Wilks

1 Kings 19:1-18

September 28, 2025

Do you ever deal with feelings of depression? If so, you're not alone. Being a person of faith does not make you immune to it.

Even a man of God like Elijah battled with depression. Despite his great faith and courage, he was overcome by feelings of fear, failure, and fatigue. Like many others in the Bible, he found himself in the very depths of despair (Ps. 13:1-2; Job 3:11; Jer. 20:14; Jonah 4:3).

In our text, Elijah the Prophet went from a great spiritual victory to feelings of personal defeat and severe depression.

Main Thought...

➔ God draws near to us when we are _____.

1. _____ the providence of God (v. 1-3).

1 Kings 17:2-4, 7-9; Phil 4:19

2. _____ with prayer to God (v. 4).

Ps. 42:11; Phil. 4:6-7; Heb. 4:15-16

3. _____ the refreshment of God (v. 5-7).

Ps. 34:7, 18; Heb. 1:14

4. _____ to find rest in God (v. 8-13).

Ps. 46:10; Isa. 40:29-31; Mt. 11:28-30

5. _____ on the purpose of God (v. 14-18).

Isa. 26:3; Jn. 12:27-28

Final Thoughts...

➔ Are you _____ with feelings of depression?

➔ Will you _____ in God to get you through?